

# Fox Tales

ALL THE NEWS THAT'S FIT TO ENGRAVE

July 1994

A.S. XXIX

## LATEST WORD ON B.O.D.

On Thursday evening, June 16, I called Duke Randal of the Dark (mka, Randall Tatro), one of the few members of the SCA Board of Directors in place since before the January board meeting.

During our conversation (kept short to save his time and my long-distance bill), Duke Randal answered a number of questions we all have regarding recent Board business.

On the subject of legal waivers, Duke Randal informed me that, as of the date of our conversation, the "blue" waiver form is in effect. Due to questions raised regarding waiver wording, the Board will be re-evaluating the waivers during the July meeting.

The membership dues increase from \$25 to \$35, originally scheduled for June 1, 1994, has been delayed and will take effect on July 1; membership applications *must be received in the Corporate office by July 1* for the \$25 price.

According to Duke Randal, the \$3 non-member surcharge proposed at the most recent Board meeting is in effect as of the first of June.

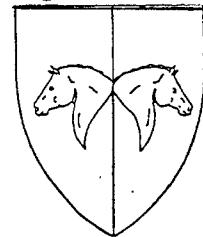
Details are lacking, but according to Kingdom Chronicler THL Theahbyn of Girvan, SCA Executive Director Tony Provine has been replaced by SCA Chronicler Countess Aelflaed of Duckford until at least the July Board meeting. In a local slant to this matter, Meridies' chronicler has filled the office of SCA chronicler; the Kingdom chronicler's position has been taken over by THL Bronwyn o Gydweli.

## Local Name, Device Passes

Vulpine Reach member Lora Greymare has received official notification from the Pennon Herald, via Popular Chivalry, that both her name and device had passed on the Kingdom level as of 4/94. This is the first name pass in over a year's time, and the first device pass for a member of our group in a long time.

Our heartiest congratulations to Lady Lora Greymare!

**The Arms of  
Lady Lora  
Greymare  
Passed, 4/94**



## *Vote on New Event to be Held at August 1 Meeting*

At our next business meeting, we will vote on a proposal to do a third weekend-long event during our calendar year. This would be a fighting event with a large attendance expected and requiring considerable planning.

However, before we can try to get a weekend date on the Kingdom calendar, we must vote on whether or not the proposed event is feasible for us to do with our level of manpower and resources.

Please come prepared to discuss and vote. If you are unable to attend, you may vote by proxy or call me in advance.

- *Lady Rachelle du Pied Leger*

## CALENDAR

Weekend events are marked in bold typeface, local activities are in normal typeface, and holidays are marked with asterisks.

### JULY

- 9** Tourney of Dreams (Lagerdamm)
- Forest Wars (Blackmoor Keep)**
- Hammers & Anvils, Again! (Ezaret)
- LibertyCon (East Ridge, TN)**
- 11** Biz Mtg/Fox Tales Dist.
- 16** Boar Hunt (Nant-Y-Derwyddon)  
Local Archery Practice
- 18** Viking Costuming Class/Fox Tales  
Deadline
- 23** July Feast (Thorngill)  
Local Archery Practice
- 25** Dance Class, Birthday Meeting
- 30** Tourney of Lugh (Grey Niche)  
Costume Workshop

### AUGUST

- 1** Biz Mtg/Fox Tales Dist
- 6** Royal University (Axemoor)  
Local Archery Practice
- 8** Period Costumes Class/Biz Mtg.
- 13 - 21** Pennsic War XXIII
- 13** Beggar's Rebellion (An Dun Thelne)
- 15** Protocol & Precedence Class/Fox  
Tales Deadline
- 20** Local Archery Practice
- 22** Dance Class, Birthday Mtg.
- 27** Tourney of the Foxes (*Vulpine Reach*)
- 29** Post-event trauma (No meeting)

### SEPTEMBER

- 3** Grifphon's Pleasure (Grifphon's Shadow)
- 5** \*\* Labor Day \*\* (No Meeting)

Fighter practice is held on Sunday afternoons in Warner Park at 2 p.m. (weather permitting); chapter meetings are at Trinity Lutheran Church at Hixson Pike and Highway 153 on Mondays at 7 p.m. Archery practices are held at Choo Choo Archery Lanes on Bonny Oaks Drive at 12 noon (on scheduled Saturdays).

## BEST BETS

- 7/9** Hammers and Anvils: Again!, Wesley Center, Cookeville, TN. (96 mi.) \$ 11. Armour workshop - repair and modification - Tourney of Centaurs Glade, classes, feast, soup lunch. One day event, site opens at 9 am, closes at 9 pm (cdt). Site is dry.
- 7/16** Boar Hunt, Kinser Park, Greenville, TN. (156 mi.) \$18. "Dances with boars"; five-man team hunt for the "white-belted boars". Traditional gaming tournament, A & S competition, pool, bardic competition, William Marshall list, feast cooked out-of-doors. Tent camping only, Saturday breakfast provided, Saturday lunch, Friday night dinner not provided. Site is discreetly dry, no original containers.

## Regnum

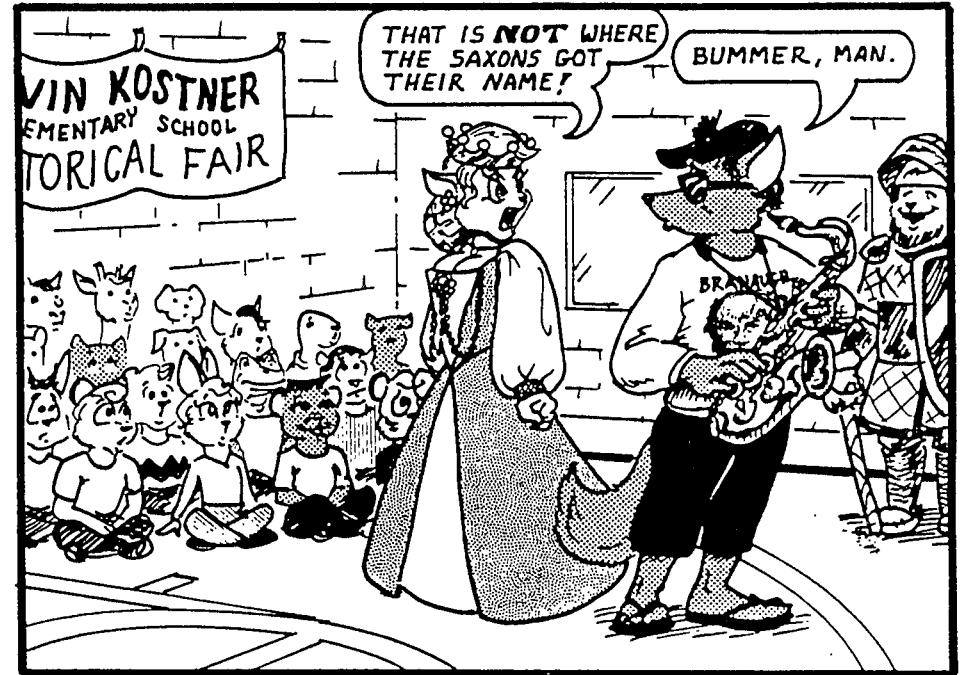
Seneschal	Lady Rachelle du Pied Leger <i>Rachel Lightfoot</i> (706) 965 - 7947
Knight Marshall	Lord Forddwydd Meredydd, Esq. <i>Craig Rethwilm</i> (615) 624 - 3458
Ast. Knight Marshall	Lord Llywelyn ap Alawn <i>Lindy Pate</i> (615) 825 - 6258
Herald	Laird Cailean michAlasdair A'Sinchclair <i>Jason Tryon</i> (615) 892 - 1340
Arts & Sciences	Lee Comyn <i>Lee Cummings</i> (615) 855 - 0303
Hospitaller	Lady Diana Fiona O'Shera <i>Diane Walker</i> (615) 875 - 5417
Reeve	Mistress Lijsbeth Tijssz van Brugge <i>Leslie Dulin</i> (615) 886 - 6256
Historian	Lady Madelena de Luna <i>Joy Day</i> (615) 891 - 9410
Minister to Children	Heather of Loch Maree <i>Spring Tryon</i> (615) 892 - 1340
Chronicler	Lord James Toxophilus <i>Jim Long</i> (615) 894 - 6487
Lore Keeper, Meridian College of Bards	Lady Egelina Rabbette <i>Rabbit Kadrich</i> (615) 877 - 6299

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by H.E., Master  
William Blackfox, O.P.



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## ASK OLD FOX

Dear Readers,

This month, there were no questions for the Old Fox to answer — and to date, no guesses from you for the Quiz Questions...is anyone out there? Fortunately, the Old Fox did provide a Quiz Question for this month, as well as the answer for last month's question. Enjoy, and please ASK OLD FOX! — Lord James Toxophilus

Old Fox Quiz Question for July: In the Middle Ages, people were decreed as "outlawed" or "outlaws." The term has lived on thru the years and we still use it today. What did it used to mean?

Last Month's Question: "1. What are the four Cardinal Virtues? 2. What are the three steps of Knighthood?"

Answer: 1. The four virtues are the pre-eminent or principal virtues on which all others depend.

They are: Temperance, Fortitude, Prudence, and Justice.

2. We get the word "knight" from the Saxon word *cniht*, which at first signified a servant or soldier. Knights, as we know them, did not appear until the establishment of the order of chivalry in France. It quickly spread through all of the Christian countries, since it was mainly a Christian institution.

The stages one had to pass to become a knight are as follows:

The *Page*: a young boy was placed in the care of a governor, who prepared him for the labors and dangers of war. He was then placed in the service of a noble as a *page*. He performed the duties of a domestic for his master or mistress, such as carrying messages, waiting on them at the table and attending them on journeys and visits. Above all, his religious education was never neglected.

The *Squire*: Squires were divided into various

## OLD FOX, cont.

classes, each with a different job. Some were put in charge of the finances, others the table utensils, some as butlers. The most honorable was the body squire; he was attached to a knight and carried his standard, and cared for and helped him into his armour, and helped him dress and undress each day. In battle, the squire would not fight but would watch his knight and rush to his aid with new weapons, horses, or just to help him remount.

The *Knight*: At the age of twenty-one, a squire was admitted to the class of knighthood, after proving his zeal, fidelity, and valor. The rule of age was not always followed. The creation of a knight was accompanied by solemn ceremonies. The oath taken by the knight at his reception devoted him to the defense of religion and the church, the protection of widows, orphans, and all of either sex who were powerless or suffering under injustice and oppression. To shrink from these duties, even if the sacrifice of life was likely, was to incur dishonor. Adherence to his word was the most honorable part of a knight's character. All in all, the knight was a symbol of honor, truth and all that is chivalrous. Even his sword was given as "the arms of mercy."

## Missives

Dear James,

The Kidney Foundation and River Roast have benefited greatly from the valuable contribution of the Society for Creative Anachronism. Over the years, your generosity to the children's activities have been a wonderful addition to our event. Please express our appreciation to everyone who had a part in this year's efforts. Your organization was an important part of River Roast's success.

Sincerely,  
Suzanne Lockemann  
Administrator, Kidney Foundation

Unto the good people of Vulpine Reach does Lady Rachelle send warmest greetings.

I want to thank all of you for your support during my tenure so far. Everyone has been very helpful, especially our officers. As you may or may not know, regular reporting by all officers is vitally important to keep the status of our group, as well as our event-holding privileges, secure. We are blessed with officers who have admirably performed this function to date, which has made my job much easier. Again, much thanks to all

concerned.

There is, however, another aspect of being an officer which is sometimes overlooked -- that of actively encouraging participation in the field for which these officers report. Just sending a list of activities is insufficient. Activity within our group has obviously diminished without officers present to advise and guide others, especially the large number of new people in our midst. Of course, expertise is not required, but time and attention is. There have been several dedicated deputies who have endeavored to fill their officers' shoes. However, this has proven to be insufficient, as well as unfair both to the deputies involved and the Shire as a whole.

I must apologize to the entire group for letting this lack of access to officers go on for as long as it has. I was hoping the issue would resolve itself with time. Obviously, the lack of resolution and the resultant diminished activity in these fields make immediate action necessary.

Effective July 1st, I will require all officers (their reporting deputies notwithstanding) to attend an average of at least two meetings per month -- with business meetings preferable. For those whose duties include meetings outside normal Mondays (i.e., Fighter Practice), they must attend those an additional two times per month.

I realize this requirement will be difficult for some of our officers for various reasons. If these reasons cannot be resolved, I will be happy to meet with the officer(s) involved regarding a suitable replacement. I will not accept hearing about a replacement after-the-fact. I will have to be advised of any possible candidates before such a decision is made.

I certainly hope replacement will not be necessary. We have a fine group of officers whose diligence in reporting is commendable. I believe that by practical experience, we have learned that mere reporting is insufficient.

I also hope that this letter states my position on this matter clearly. If there are questions, please do not hesitate to let me know.

Pray know that I remain dedicated to serving the good people of Vulpine Reach within our beautiful Kingdom of Meridies.

*Lady Rachelle du Pied Leger*

From Baintigheara Heather of Loch Maree, Minister of Children, Unto the populace of the Shire of Vulpine Reach:

Come good greetings and a request for your help. For Tourney of the Foxes upcoming in

## Missives, cont.

August, I will need the inside cardboard core from your toilet paper rolls. The plain brown ones are the best, but I'm willing to take anything you can give me. Since we all use toilet paper, this shouldn't be too difficult to come by. I'll need at least 40 of these, so I really do need your help with this for our children. Thank you in advance for your support.

In Service,  
Heather

To the Corporate officers, Board members, the Crowns of the Known World and to the SCA Populace is sent greetings from H.E. Master William Blackfox,

The developments of 6-9-94 have brought an end to a black period in the SCA's existence, one which has changed the face and character of the SCA as a whole and which will have long lasting aftershocks.

From the aftermath of the infamous January BoD meeting to now, we have been subjected to an organizational experiment which turned out to be a Frankenstein.

It seems obvious to me that the main rationale which Mr. Provine and his adherents on the BoD used to justify their bizarre actions can be found in the stated purpose for the institution of the Executive Director, to wit: that the ED shall handle the mundane concerns of the SCA in a business-like manner.

Where Mssr.s Provine, Moran, Johnson and others would come a cropper was that they would seize upon the mundane aspects of the SCA, define them as being absolutely distinct and separate from the medieval aspects of the SCA, and use their offices to enact policy changes at their whim.

The most heinous development of all was not the Horrid Waiver or the many instances where Copora and By-Laws were misquoted or bypassed. The most egregious act of this administration was to constantly deny the membership any voice or avenues of recourse against their decisions. This, though, was an iron fortress built on a foundation of sand, for the membership had 28 years of interaction with Imperium whereas Provine and Moran had instituted the Godhood of the ED for a mere .5 months, expecting to enforce it by threat rather than by reason or fellowship.

This escalation of officiousness has finally come to a head when the ED began using his position to do the unthinkable, to communicate with mundane authorities involved with the Lillies

War site and the surrounding communities to defame, denounce, and undermine a major SCA event in a fruitless bid to bludgeon Calontir and the rest of the Known World into compliance.

Fortunately, the BoD called another teleconference where the ED was sent on his merry way, the Horrid Waiver was abolished and the old waiver policy reestablished. Yet, all is not right with the world.

Although we have returned to square one, we have not completely repaired the SCA's current situation. Mistress Aelflaed, as I understand, has taken the unwanted mantle of ED from Provine. I believe that we could not ask for a more knowledgeable, sympathetic and experienced person to fill this post. However, she can't hold it forever.

We must all be aware and make our future Corporate officers aware that the Mundane business aspects and the Medieval aspects of the SCA are INEXTRICABLY INTERCONNECTED and cannot be dealt with as if one did not affect the other.

We have learned to our sorrow what happens when one aspect denies its dependence on the other. This cannot be directly blamed upon the installation of an "outsider" as ED, for matters might have been a great deal different if a more sympathetic person had been hired as ED. Nevertheless, we have seen the bilious conflict that arose when Provine decided that he knew better than 60,000 SCA members and that the opinions and wishes of those members had no bearing on his policies. Never before had so many Kingdoms entered into full-scale rebellion against SCA policies and never before had the SCA administration responded with such arbitrary cruelty.

Several former BoD members are surely smarting at this reversal of fortune for their first attempt at "professionalizing" the SCA's administration. Some of their names have passed into the rolls of infamy.

I hate to say it, but I hope that their fall from grace will serve as a warning to future BoD members and Corporate officers.

I call upon all SCA members who read this missive to pass along the following concepts to their fellows and to those members yet to come:

We are modern people who play at being the living rebirth of Chivalry.

We must have one overarching covenant to guide us (the Copora), allowing for regional differences, of course.

We must have corporate officers from within



# SOCIETY FOR CREATIVE ANACHRONISM, INC. (SCA)

## membership application

ENCLOSE YOUR PAYMENT OR COMPLETE CREDIT CARD INSTRUCTIONS AND SEND FORM TO:

The Society for Creative Anachronism, Inc. • Office of the Registry

P.O. Box 360789 • Milpitas, California 95036-0789, U.S.A. • Telephone (408) 263-9305 • Fax (408) 263-0641

CREDIT CARD INSTRUCTIONS ARE ACCEPTED BY FAX

### MEMBERSHIP INFORMATION - No Calligraphy! - Print or Type Clearly

Legal Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Country: \_\_\_\_\_ Postal or Zip Code: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ Phone (Work): \_\_\_\_\_

Society Name: \_\_\_\_\_  
(For reference only. Society names are registered through the College of Heralds)

### RATES EFFECTIVE 6/1/94

PLEASE CIRCLE CORRECT AMOUNTS:

Membership Type	Annual
Sustaining	\$35.00
(U.S. First Class Postage)	7.00
(Contributing donation)	_____
Associate	20.00
Family (\$10 x # members)	_____
International (Newsletter not included)	15.00
Enter total for membership & postage: \$ _____	

### MEMBERSHIP TYPES:

• **Sustaining:** \$35.00 - Subscribing membership for those served by U.S. Postal Service. Sustaining members are eligible to hold office and any other privileges designated. They receive subscriptions to *Tournaments Illuminated* and their Kingdom's newsletter.

• **International (Foreign):** \$15.00 - Subscribing membership not served by U.S. Postal Service. International members are eligible to hold office and any other privileges designated. International members receive *Tournaments Illuminated*. Subscriptions to Kingdom newsletters are available for an additional \$15.00 which includes postage. (Canadian members are considered International members and, beginning with memberships starting or renewing on June 1, 1994, will be charged the new rates for International members.)  
NOTE: Australian residents should not use this form. Please contact Registrar for correct form.

• **Contributing:** Subscribing members may add to the basic donation to help in the general operation of the Society.

Suggested U.S. tax-deductible amounts: \$25 \$50 \$100 Other

• **Associate:** \$20.00 - Non-subscribing membership. Associate members are eligible to hold office and any other privileges designated, except where other membership categories are required by Corpora or the Banners. Associate membership does not include subscriptions to *Tournaments Illuminated* or a Kingdom newsletter. Receives Membership card only.

• **Family:** \$10.00 - per non-subscribing membership for immediate family of a Subscribing or International member residing at the same address. Family members are extended the privileges of associate membership. A maximum of \$60 will be collected from families with one Sustaining and three or more family members (\$35 + \$25). A maximum of \$40 will be collected from families with one International and three or more family members (\$15 + \$25).

NOTE: A separate application form must be completed and signed for each family member.

**MEMBERSHIPS ARE EFFECTIVE IMMEDIATELY UPON RECEIPT OF PROPERLY COMPLETED MEMBERSHIP APPLICATIONS AND PAYMENT. SUBSCRIPTIONS MAY TAKE 3 TO 6 WEEKS FOR PROCESSING. FOR CONFIRMATION SEND SELF-ADDRESSED, STAMPED BLANK POSTCARD.**

### Assumption of Risk of Injury and Release of SCA from Liability

I desire to be a member of the Society for Creative Anachronism, Inc. (SCA) and to participate in events and activities sponsored by SCA.

I understand and acknowledge that participation in SCA events and activities is potentially dangerous, both because of the nature of the event or activity and because of the possibility that some condition of the property where the event or activity is to be held may cause injury to me.

I acknowledge and understand that SCA will not permit me to participate in SCA events or activities unless I agree to all of the terms and conditions in this document, and that is acceptable to me. In return for SCA's permission to allow me to participate in SCA events and activities, I agree as follows:

1. I expressly assume the risk of any injury whatsoever, no matter how serious or what its nature, no matter what its cause, whether caused by active or passive negligence of SCA or anyone else, by a condition of the property, or by any other cause.
2. I expressly release from liability, agree and covenant not to sue SCA, any SCA agent, SCA employee, SCA independent contractor or any other person for any injury I may receive arising out of participation in any SCA event or activity, no matter how serious the injury is or what its nature is, and no matter what its cause.
3. I expressly agree to defend, hold harmless and to indemnify SCA and its agents respecting any claim made against SCA or its agents arising out of my participation in any SCA event or activity.
4. I have read and understand each of the terms and conditions in this document and understand that my agreement to them is a condition of my membership in the SCA and my participation in SCA events and activities.

**THIS IS A LEGAL DOCUMENT. YOU SHOULD NOT SIGN UNLESS YOU HAVE READ IT AND UNDERSTAND IT.**

Print Legal Name \_\_\_\_\_

Signature (Legal Name) \* IF MINOR, PARENT OR LEGAL GUARDIAN MUST SIGN BELOW

Dated: \_\_\_\_\_

The undersigned is the parent or legal guardian of the minor whose name appears above and understands that the minor cannot participate under any circumstances in armored marshal arts, fencing, marshalling, archery, scouting or banner-bearing in combat and cannot participate in any other events or activities unless I indemnify SCA as specified. Therefore, the undersigned shall defend, indemnify and hold harmless SCA for any claim arising out of any injury to the minor in any way connected with any SCA event or activity, including all damages and attorneys fees incurred by SCA.

Print Name (Parent or Guardian) \_\_\_\_\_

Signature (Parent or Guardian) \_\_\_\_\_

Dated: \_\_\_\_\_

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Revised 5/94

## Missives, cont.

our ranks who can be paid fair wages for their work in the highest offices.

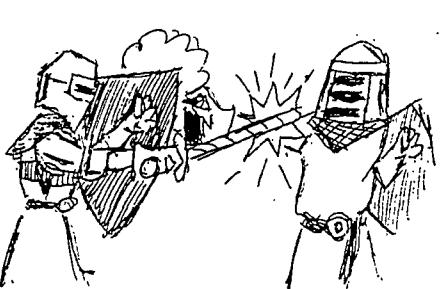
Above all, we must never forget that the Modern and the Medieval aspects of the SCA are interdependent on each other and cannot be separated.

We have much healing to do now. I beg all people in the SCA to give their support to the new BoD and the new ED. However, I suggest that we all keep abreast of the SCA business from now on.

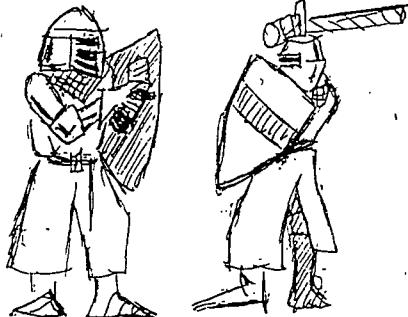
Vigilance is the price of freedom.

Yours in Service,  
William Blackfox  
MKA Mark Wallace

## *The Real Art of Fighting With MACE and Shield* by Lord Owen Arbalista



1. An inexperienced mace fighter losing an arm due to poor shield defense while fighting at his opponent's optimum range



2. A proper On-Guard stance



3. Close in! Shield hook! Riser shot with the mace!



4. Close in! Shield press! Semi-hook shot with the mace! \*\*

\*\* Beware of a full hook shot using the mace, for a crafty opponent might side-step the hook and you'll mace your own face!

Dear Jim,

Thank you for sending me a copy of the June *Fox Tales*.

After laughing at the cover art, I couldn't help responding.

Please don't take offense, but the cover art is misleading and dangerous. A new fighter might believe that the illustrated technique is appropriate. Attached you will find my rebuttal and analysis.

Hope you have a chuckle!

Sincerely,

Lord Owen Arbalista

P.S. I don't endorse the use of Mace in SCA combat, but if ya gonna use it, use it right!

## EVENT TIPS: First Aid

At Turney of the Foxes two years ago, a herald was filling in the names of the tournament and contest winners' scrolls just before feast. Suddenly, the herald blacked out and collapsed. For a minute or two, nobody noticed. Then a couple of gentles quickly stepped to the herald's aid and summoned a chirurgeon. If you were one of the gentles and no chirurgeon were available (he/she is in the kitchen treating a burned arm), would you know what to do?

While sitting under a tree at the bardic circle, a young lord cries out; he's been stung by a wasp. It's a minor matter, but that doesn't help much -- the stung area hurts. Can you do anything to relieve his pain?

You and another lord are participating in an impromptu fighter practice after the main list. He's a noted sword-and-shield artist who wants to expand his horizons by learning Florentine style. You throw a blow that he tries to "shield-block" with his left forearm which promptly breaks under the sword's impact. The marshal realizes what's happened and goes to find the chirurgeon. You and your friend are left to fend for yourself for the time being. How do you handle the situation?

Although the scenarios are all different, they can be answered by two words: First Aid. By definition, First Aid is that care given at the earliest opportunity following an accident or injury. The range of care can be from simply cleaning and bandaging a scratch up to performing CPR and artificial respiration. The key to First Aid is knowing how to handle the situation.

In this article, we'll cover some common SCA-related emergencies and their First Aid treatments. Keep in mind: First Aid is meant to prevent any further damage to the victim -- not to "cure" the problem; **ALWAYS** obtain proper medical care for major injuries as soon as possible.

Life-threatening emergencies require immediate and correct First Aid. Such emergencies include stoppage of breathing or choking, profuse bleeding, broken bones, burns, and shock. Other, less crucial, emergencies are: heat stroke and heat exhaustion, insect bites and stings, cuts, and abrasions. In the event of multiple injuries, always treat the most serious first. The order of treatment should be: start artificial respiration/CPR, stop bleeding, treat burns, treat for shock, perform treatment for minor injuries.

**SHOCK:** Shock is a condition that accompanies nearly all injuries, no matter how minor, always be ready to treat for shock in all emergencies. Symptoms include weakness, cold and clammy skin, perspiration, chills, weak pulse, and irregular breathing. Treatment: Lie the victim on his back, with his feet higher than his head. Keep him warm

and comfortable--use blankets but no external heat. Do not administer drugs. If he is conscious and is thirsty, give small amounts of cool water or tea ONLY. Never give alcoholic drinks to someone in shock or who may go into shock.

**STOPPAGE OF BREATHING/CHOKING:** If a victim has stopped breathing, quickly determine whether the cause was choking--if so, remove obstruction and begin artificial respiration. If there is no heartbeat, start CPR. Treatment: CPR is not difficult, but it is outside the scope of this article and should be learned from a Red Cross class. To begin artificial respiration, place victim on his back. Insure that the airway is clear, tilt the victim's head back, grasp the jaw and gently pull upward. With the fingers on the other hand, pinch the victim's nose closed. Take a breath and fill the victim's lungs until you see his chest rise. Remove your mouth quickly to allow exhalation. If there are snoring or gurgling sounds, the jaw is not high enough. Repeat 15 - 20 times per minute until the victim is breathing on his own.

**BLEEDING:** The human body's supply of blood is limited; stop bleeding as soon as possible. Treatment: Practically all bleeding, whether arterial or venous, can be stopped by the direct pressure method. Place sterile bandages over the wound if bleeding is serious and hold a steady firm pressure directly on the wound. Do not remove the bandages. If blood soaks through the bandages, apply more layers and maintain pressure until medical help arrives. Have victim lie down with the injury higher than the heart and keep him calm. Treat for shock immediately. **NEVER** use a tourniquet unless the injury involves an amputated or crushed limb.

**BROKEN BONES:** There are two types of fractures or breaks: the simple fracture and the compound fracture. A compound fracture involves the broken bone penetrating the skin; the simple fracture is one in which the skin isn't broken. Treatment: All injuries involving a broken bone require cautious handling - notify medical authorities IMMEDIATELY. If the patient doesn't absolutely require moving, do not move him. Do not attempt to set the bone. Stop bleeding resulting from compound fractures. Treat victim for shock. If the patient needs moving, secure the break with a splint and move him very carefully.

**BURNS:** Burns are normally categorized by depth of injury to the bodily tissues; a First Degree burn causes redness. Second Degree burns raise blisters and Third Degree burns are evident by charred or blackened tissue. Treatment: First Aid must deal with three things: relieving pain, reducing shock, and preventing infection. First

## First Aid, (continued)

Degree burns can be relieved by submerging the area in chilled water. Area should then be covered with a dry, sterile bandage - do not use ointments or other medicines. For Second and Third Degree burns, immediately treat for shock before treating the burn. Dress the burned area with dry, sterile bandages. Give as much water, sweet tea, fruit juice, or sugar water as the victim can drink (if he is conscious). Notify medical authorities.

**SUNSTROKE or HEATSTROKE:** Sunstroke (Heatstroke) and Heat Exhaustion are TWO DIFFERENT AFFLICTIONS. Both can cause unconsciousness. Both are caused by being in hot conditions, but there the similarities end. Each has its own treatment. A good rule of thumb is, "If the victim's face is red, raise his head; if it's pale, raise his tail (legs)." The victim will have hot, red, dry skin, may suffer headache, nausea, dizziness, or sudden collapse. Breathing is rapid and deep, pulse is fast and strong. Treatment: Move the victim to the shade, remove as much clothing as possible, and place him with his head and shoulders slightly raised. Dampen the skin with cold water. If the victim is conscious, give cool (not cold) water to drink. Notify medical authorities and treat for shock.

**HEAT EXHAUSTION:** The Heat Exhaustion victim has lost excessive water and salt. He could have a headache, dizziness, nausea, weakness, and profuse sweating. His skin will be cold and clammy and his face will be pale. Pulse will be weak and he may suffer cramps. Treatment: Move victim to a cool place, but not where he could become chilled. Loosen clothing and make the victim comfortable, with his legs higher than his head. Prevent chills by covering him with blankets. Treat for shock. If victim is conscious, give him warm water with 1/4 to 1/2 teaspoon of salt per glass. If recovery is not rapid, get medical care as quickly as possible.

**INSECT BITES AND STINGS:** This is probably the most common injury at events, whether the cause is a spider, tick, mosquito, gnat or bee. Treatment for bites: Inquire whether the victim is allergic to the type insect, then administer the appropriate medication (if available). Wash area with soap and water, apply a paste of baking soda and water. Sooth the pain with ice or cold water. Treatment for stings: Remove stinger by scraping with a knife edge, apply ice pack or cold water.

**CUTS AND ABRASIONS:** Treatment: Clean injury with soap and water, apply antiseptic to area and cover with a sterile bandage.

Sources: Bluejackets Manual, U.S. Naval Institute. First Aid Facts, Johnson and Johnson, Inc.

## TACTICS: "General's Chair"

In the upcoming issues, I hope to present a tactical problem and have you, the readers, solve them. There is no wrong answer, just different views. For the first try, I am using an SCA melee situation. Hopefully, it will be easy and fun enough to get a few responses.

### SITUATION:

You are in charge of the Meridian army. You are facing the Trimarian army on a beachhead. The Trimarians are backed into a corner, with cliffs on their left and the sea on the right (see illustration at right). Your job is to leave no survivors.

The Trimaris Army has:

- 3 units: 4 ranks, 80 men per unit (regulars\*)
- 3 units: 2 ranks, 30 men per unit (archers)
- 2 units: 3 ranks, 60 men per unit (elite\*\*)
- 1 unit: King's household, 20 men (elite\*\*)

The Meridian Army has:

- 4 units: 4 ranks, 100 men per unit (regulars\*)
- 2 units: 2 ranks, 20 men per unit (archers)
- 2 units: 2 ranks, 70 men per unit (elite\*\*)
- 1 unit: King's household, 20 men (elite\*\*)

\*Regulars are made up of sword and shield.

\*\* Elite, same, but mostly knights and veterans.

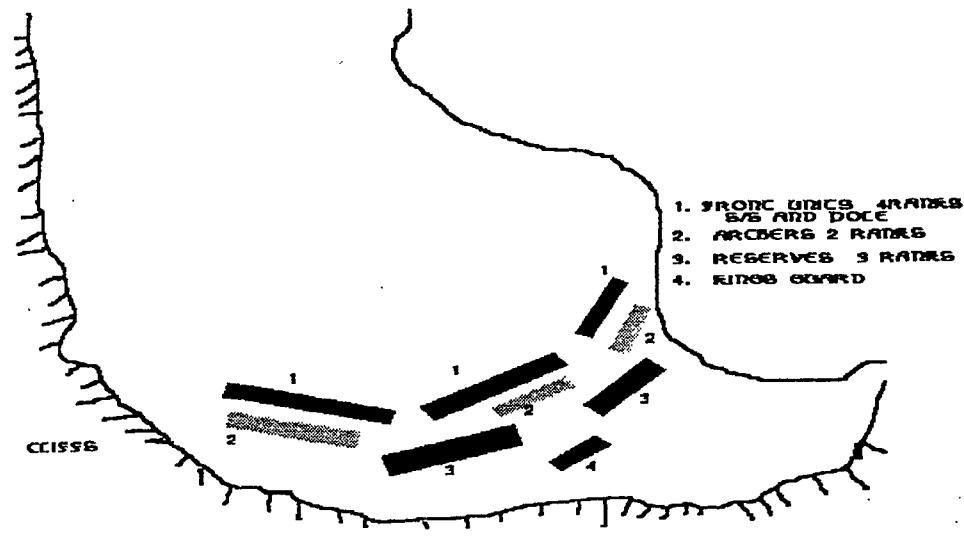
You outnumber them 600 to 470, but they have more archers than you. They cannot retreat and their flanks are somewhat protected by the cliffs and water. Decide your strategy and arrange your troops for battle.

-Lord Llywelyn Ap Alawn, Esq.

**Oyez, Oyez!!**  
Milords and miladies! All fighters are cordially invited to the Vulpine Reach Fighter Training and Practice Center at Warner Park, Sundays at 2pm! Our defensive strength is currently low and we owe it to the Crown to be able to protect ourselves! Please contact the Asst. Knight Marshal at (615) 825-6258!

### Crossword Solution

BARD	EPI	C	RIED
EZ	C	L	TU
LUCK	L	U	CION
TRAINING	R	E	SUMIE
EVT	P	I	R
E	I	CIR	CLET
PA	O	B	O
UBIQUITOUS	A	R	ARTS
NE	U	T	ERSE
DEEDS	R	E	EVIE
E	M	V	VIVID
TIRON	O	A	N
NON	A	S	IOLD
CLOAK	I	T	ALIAN
K	SAILLS	D	E



## *Contest Alert!!*

It is my proud pleasure to announce a contest! This is on the level, now. Lord Llywelyn Ap Alawn has donated a sword as the prize and came up with the original idea for the contest! If you'd like to see the sword, please ask him

It is a literary contest of sorts; write up your best "war story," campfire tale, or "no \*#@%, there we were" event incident (please limit the length to one page, typewritten, double-spaced). Do it quickly, because the deadline for the contest is July 18 for in-person entries, July 23 for mail-in entries!

All entries will be published in the August issue of Fox Tales and will be judged by the shire. The winner will be announced and the prize presented during feast at Tourney of the Foxes.

### WARNING!

I must have a minimum of three entries to make the contest valid! In the event that we have fewer than three entries, we'll drop back and punt. Only one entry per person, please, and remember - this is a family newsletter. Keep it as clean as you can. Enjoy!!

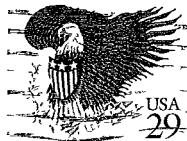
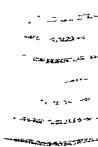
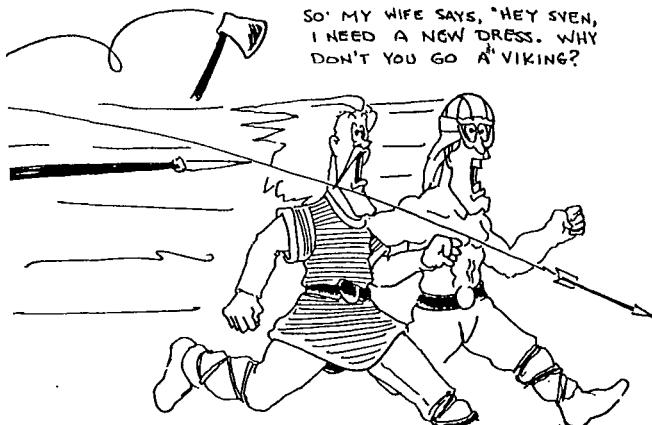
### *Acknowledgements*

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# FOX TALES

THE NEWSLETTER OF THE SHIRE OF VULPINE REACH

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Special Mailing!