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Subscription Policy: Produce 12 monthly issues, Increase distribution through new subscriptions, Hold production costs down,. In the unforeseen event all 12 issues can not be produced, the unused portion of the subscription will be refunded.

WIND SWEPT Goals: Produce twelve monthly issues to include eight monthly issues of 8-10 pages (like April's) containing articles as well as a calendar of events. In addition there will be four quarterly special issues of 18-20 pages based around a theme ie: Arts and Sciences etc..

Bottom line goal without participation through subscription and submission of articles and artwork will be still 12 issues, however, 8 will be half size calendar of event only issues and the 4 quarterly full size specials will be in less depth..!

YOUR SUBSCRIPTION AND SUBMITTALS ARE IMPORTANT AND WILL MAKE A DEFERENCE !

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WIND SWEPT, Newsletter of the Shire  
Windkeep, Kingdom of the Outlands

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SCA, Windkeep

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WIND SWEPT

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c/o Fred Hansen

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10205 Powderhouse Rd.

Zip \_\_\_\_\_ Optional phone (\_\_\_\_) \_\_\_\_\_

Cheyenne, WY 82009

Society Name \_\_\_\_\_ Title \_\_\_\_\_



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## WIND SWEPT

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This is the April, XXI /1987 issue of the WIND SWEPT, the unofficial newsletter of the Shire of WINDKEEP, Kingdom of the OUTLANDS.

PERMISSION TO REPRINT ANYTHING IN THIS NEWSLETTER, (EXCEPT EVENTS), PLEASE CONTACT THE CHRONICLER.

DEADLINE FOR ALL SUBMISSIONS IS THE 15TH OF EACH MONTH.

fons Jolm de 3 (mooonqz) / fons (d'hois) pome. Coumpe  
De heraudie

**D**e heraudie lo mestier: f. est las dymes q'uisoy. las colons e las  
appoyes. son unis fme unqz. Noyms sous d'uns las colons. Or l'oumo d'oz q'  
unqz. e pme des apmes lo d'uns. Des bequis come les apes. Or. azonoy. q'  
vent e zules. Nulle e d'oz plus fme nulle. foz q' p'p'po foulomone. Or cel'  
peuf. pome p'p' de vent. Or. emle comone q' fme d'elo. de apmes q' s'oz  
de soumulo. il en lam p'oumpce de zules. e es q' d'ozes no fme q'oz fme  
D'unes j' id e me p'arde. Al chief de fuz q' d'oz. Lesu mouf de q'oz  
moy. est lo flet. fme d'uns. Or. e d'ozoy. Lesu d'ozoy. A de l'estochon  
s'ozent lo chief p'ulo. D'unes j' t'oumoy plus d'ozoy. las comoye del estu  
fme d'ozoy. Las d'unes des d'unes vme d'ozoy. Or. del estochon ne  
fuz plus. Or. de d'unes d'ozoy q' r'oz. Le d'ozoy q' lo mozudo ne p'oz  
lo nom. Or. q' de d'oz d'oz q' chief f'mon. Or. mome plus f'mon q'  
l'estochon. vme q' d'oz d'unes de vme q'oz. comone los d'unes q'oz  
d'ozoy. Lesu s'ozent a de d'ozoy d'ozoy. Or. e d'ozoy. f'mon d'ozoy.  
Lo chief p'ulo las comoye d'ozoy. Al chief de fuz d'ozoy. Or. d'ozoy. Or.  
d'uns d'uns de d'ozoy estu. Or. on q' colons fme comome. Or. lo mome  
infomone comome fme d'ozoy. Or. on est d'ozoy. Lesu de d'ozoy.

First page of *De Heraudie*, from the St Albans Formulary (Cambridge University Library ms. Ec. iv. 20. f. 160\*)

DE HERAUDIE

The earliest of all, so far discovered, Heraldic treatise is this Anglo-Norman work which survives by being copied into the "St. Albon's Formulary" at some date after 1382. The copy is written in the small commercial hand used in the fourteenth century and begins with fifty three lines of rhymed couplets, and continues in prose.

Professor Gerald Brault suggests that it was written between 1341-1345 and certainly the original dates before 1376 because it states that the arms of France are blazoned as " Floretly", where as they were changed to three fleurs de lys in 1376.

The beasts customarily borne in arms detailed are the Griffin, the Lion, and the Leopard.

Birds detailed are the Eagle, the Martlet, the Popinjay, the Crow, the Swan, and the Heron. Birds always depicted in their proper colors are Popinjays green, Crow black, and Snaw and Heron white.

Leaves and Flowers are next discussed. They are the Trefoil, Quatrafoil, Cinqgoil and Sixfoil. The Rose, the "flour de gley" and "four de liz" are always shown in their proper colors namely, Rose red, Flour de Gley gold, and Four de Liz silver. "Foile de Meller", "Lorer", and Olive are also detailed.

Then follows examples of Saltires, Escallops, Lozenges, Rowels, Molets, Estoiles, Fess, Bend, Bar, Pale, Gemelle, and Cresent along with their multiples.

The treatise ends with Crosses of twelve kinds. Only two fabulous and chimerical creatures were included, a Griffin and a Double-Eagle.

The Heraldic Imagination by Rodney Dennys  
MLODN

# Cardamom

By Renate Koven

The cardamom plant is a perennial bush which grows from six to twelve feet high. It is a native of India. Around 1800 it started to be grown commercially on plantations in India, Ceylon, and Guatemala, liking the warm, moist tropics.

Cardamom is a member of the ginger family. It is the second most expensive spice in the world (the first is saffron), because each seed pod has to be snipped off the plant by hand with a pair of scissors. The pods are harvested five or six times each year to avoid pods that are immature or too ripe. Under good conditions, an average yield per acre will be 100 to 200 pounds of dried capsules. Ten pounds of dried cardamom capsules produce about six pounds of sweet, black, slightly pungent and highly aromatic flavor when hulled.

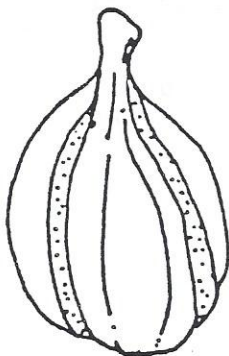
This spice has been and still is a favorite in Scandinavian countries since the Vikings brought it home from Constantinople, over a thousand years ago. Centuries past, cardamom was used in the festival cakes of the Vikings and it is said to have been mentioned in the "Eddas", the great sagas of the north countries. In ancient times, cardamom was chewed by the Arabs as a confection, and known as "Grains of Paradise."

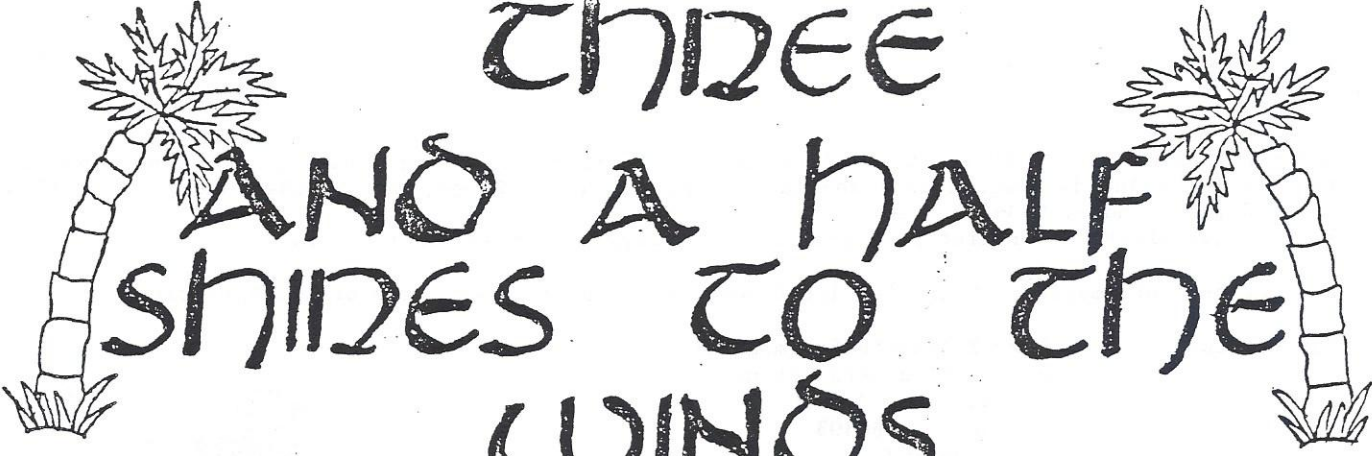
Cardamom is available in ground (pod removed) and in whole form. Swedes consume about 50 times more cardamom a year per capita than does the United States. It is used in all kinds of pasteries, coffee cakes, cookies as well as Swedish meatballs, pork, poultry, and fish. Try it with fruits such as peaches, apples, and melon instead of cinnamon. It's often used with cabbage, and other vegetables. It is also popular in coffee, especially throughout the Arab countries. In India, it goes into most curry dishes, as well as into sweets. It is an ingredient in curry powder.

The Greeks used cardamom to flavor wine. The fruits and seeds, when crushed, will yield essential oil for perfumes, disguise the odor of foul-smelling drugs, and is said to help relieve indigestion, and to cure urinary complaints and remove fat. It is used by herbalists to complement other herbal remedies.

Suggested amounts to use in various dishes: (GROUND) Dash to 1/4 teaspoon in muffins, fruits, and in cakes: Dash in 2 cups baked beans, and 1/8 to 1/4 teaspoon to 2 cups sweet potatoes. (WHOLE) 2 to 3 seed in mulled wine: 4 to 6 in 6 cups Glogg or frozen fruit rings: 6 to 8 in 2 gallons of fruit punch, and 2 to 4 in 2 1/2 cups fruit for compote. Ten whole pods, brown seeds removed and crushed equals 1/2 teaspoon ground cardamom. The information above is taken from the following sources.

The book of Spices Frederic Rosengarten, Jr.  
Cooking with the Healthful Herbs Jean Rogers  
Cooking with Spices and Herbs Sunset Magazine  
Herb and Spice Cookery Monica Mawson  
The Spice Cookbook Avanelle Day & Lillie Stuckey  
Spices of the World Cookbook McCormick





# THREE AND A HALF SIDES TO THE WINDS OASIS EVENT

You are traveling wearily across the plains of the northern Outlands; the mountains in the west are seemingly an impossible distance away; when you come upon a green and pleasant place to find the four northernmost groups of the Outlands have prepared a gala event for your pleasure and participation.

The dates are 27 and 28 June, A.S. XXI/1987 and the place is the Crow Creek Campground in Pawnee National Grassland, Briggsdale, Colorado.

In fairness to all aspects of the S.C.A., we are working out a point system for all who enter the events, either Arts and Sciences Competitions, the fighting and/or other competitions. We feel this will give all who participate an equal chance at being named "Champion" or whatever title is best to use.

To keep our valiant fighting participants from being overcome by the summer's sun and heat ; we will be holding an "evening" tournament for them. The fighting shall be in the cool of the evening rather than by moonlight since the field is NOT lit as previously reported.

In addition to these major attractions, we also plan games of skill, quests, trivia quizzes, and a scavenger hunt. There will be categories for all ages to enjoy.

The site restriction are only those normally imposed by the National Forest Service. THIS IS A WET SITE.

On site there are plenty of camping spaces, some of which have RV hookups. There is also some shade, running water, toilets, firepits, and a communal-type cooking area, which is covered and has both cooking and serving counters, electrical outlets and tables on which to feast. The tables, however, are not under the covered area.

The SITE FEE for the two days is \$ 5.00 per adult, \$ 3.00 per child ages 6 to 12 years, children under 6 years of age free.

A feast is planned for Saturday 27 June, the menu is not set yet, but, there is to be a large variety of Middle East dishes. The dishes will be selected and prepared considering the appeal to the " American" taste.

Feast fees by prepayment are: Prior to 1 June-----\$ 5.00. 2 June to 20 June---- \$ 6.00. After 21 June and at the door \$ 7.00.

A brunch is planned for Sunday 28 June, Main theme will be eggs.

Brunch fees by prepayment are: Prior to 1 June----\$ 2.00. 2 June to 20 June---- \$ 2.50. After 21 June and at the door \$ 3.00.

CHILDREN FEAST and BRUNCH FEES HALF adult fee.

RESERVATIONS and PAYMENT: for the prices indicated, reservations must have payment enclosed, site fee may be included. Reservations should be sent to; Terry Foppe, 622 Whedbee Ave., Ft. Collins, CO 80524, Telephone, 303-482-6608.  
 If you have allergies or diet problems, please notify with your reservation.

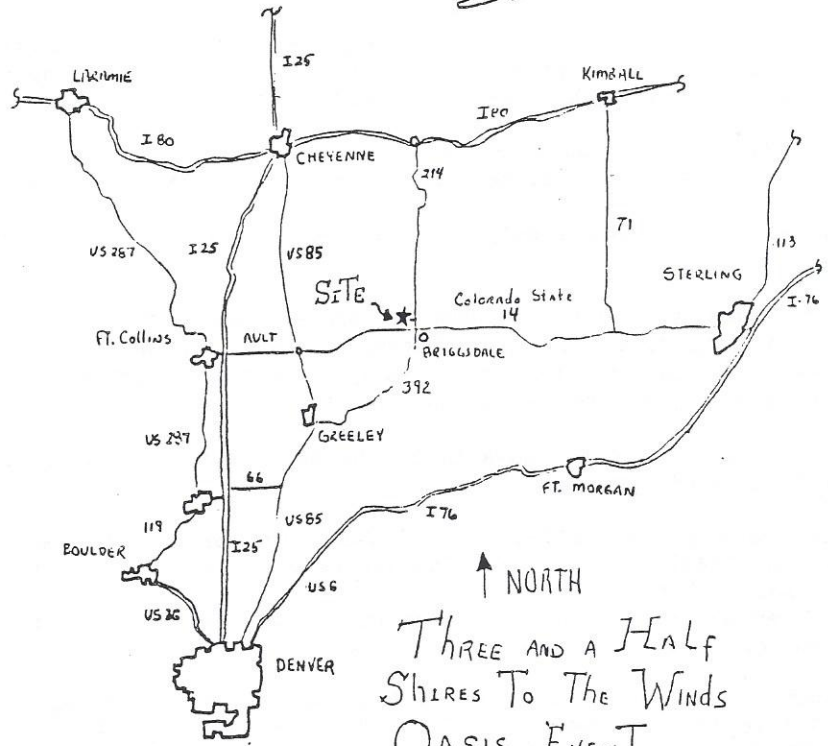
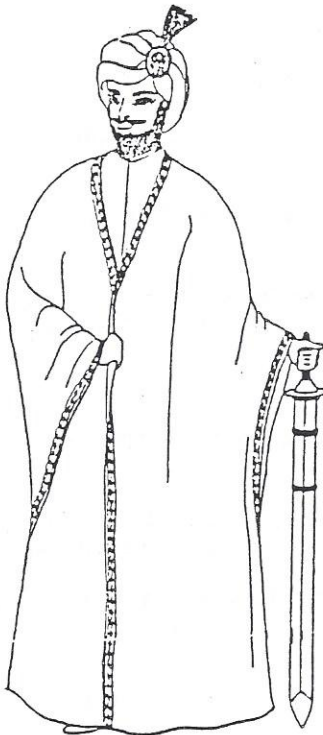
For further information - Watch for later announcements or contact any of the Autocrats:

Caer Galen: Lady Elizabeth Freemountain  
 c/o D. Elizabeth Robinson  
 370 S. 43rd. Street  
 Boulder, CO 80303  
 303-499-8807

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 Cheyenne, WY 82009  
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Ard Thir: Lord Colm Cormaic  
 c/o Robert Derrick  
 765 N. 10th. St.  
 Laramie, WY 82070  
 307-742-3943



↑ NORTH  
 Three and a Half  
 Shires To The Winds  
 OASIS EVENT

Crow Creek Campground, in Pawnee National Grasslands



HOUSEHOLD REVEL

THE HOUSEHOLD OF YEWWOOD MANOR has moved to its new and permanent home. Lord Tod and Lady Ceallach hereby invite one and all to a gala HOUSEWARMING REVEL to be held on Saturday and Sunday, May 9 and 10, A.S. XXII.

Come and join us for a weekend of feasting, fun, frolic, and weather permitting, fighting. Also plan on mirth, merriment, mayflowers, and weather permitting a maypole!

A May Queen of Love and Beauty will be chosen on Saturday morning to "rule" for the weekend.

We will start the celebration at 10:00 AM on Saturday and continue through til Sunday evening or exhaustion, whichever comes first.

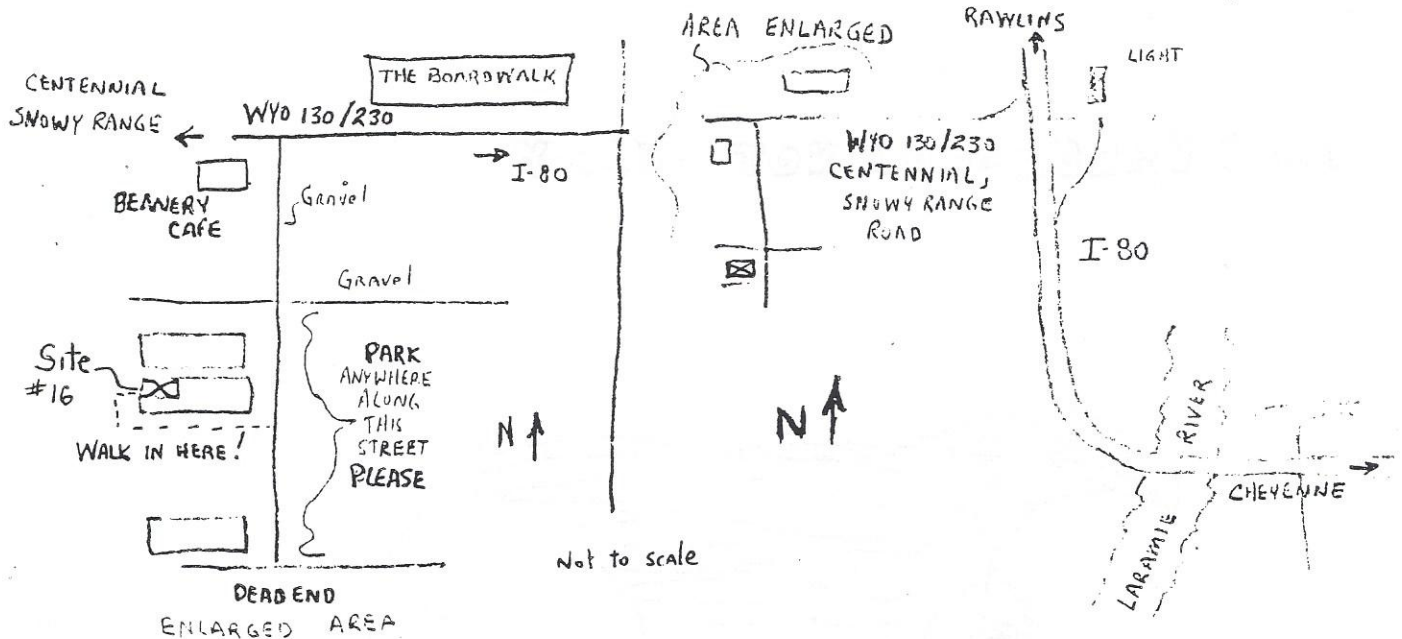
There will be NO site fee!! However, each attendee is asked to please bring a Pot Luck dish or some type of food stuff for the Saturday evening feast. THIS IS A VERY WET SITE!!!

There is limited crash space available. Although there is no parking at the actual site, there is ample parking within one block of the site. (see map)

Due to a severe smoke allergy, the Autocrat must insist there be ABSOLUTELY NO SMOKING INDOORS!!!

AUTOCRATS: Lord Tod Coyle and Lady Ceallach Tremen  
528 South Lincoln #16  
Laramie, WY 82070

Phone not installed yet, contact Lord Mlodn or Lady Renate at 637-8168



XX

DAGGER RAFFLE

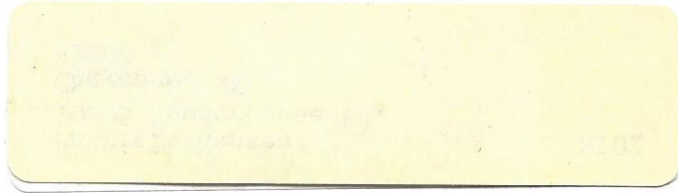
The Yewwood Manor Housewarming Revel on 9th and 10th of May will be holding a raffle in conjunction with the revel.

A nice dagger is offered at ONLY \$1.00 per chance. You need not be present to win. All money received will go to the incipient Shire of ARD THIR (Laramie, WY). Mail in your money to Lord Tod or Lady Ceallach at 528 South Lincoln #16, Laramie, WY 82070 or get your chances in person from Lord Tod, Lady Ceallach, Lord Mlodn, or Lady Renate.

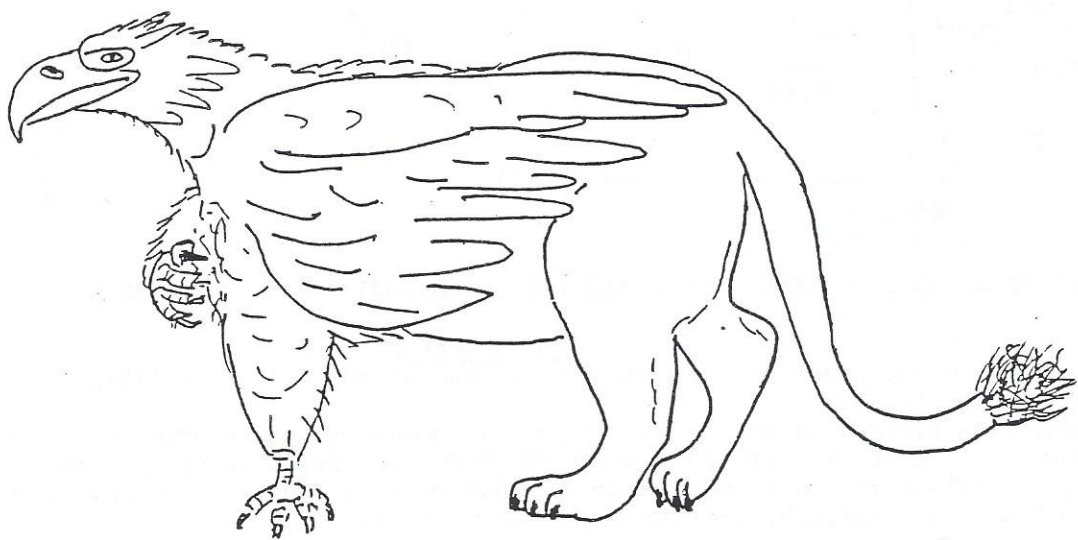
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WINDSWEPT

c/o Fred Hansen  
10205 Powderhouse Rd.  
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TIME VALUE -- DO NOT DELAY



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