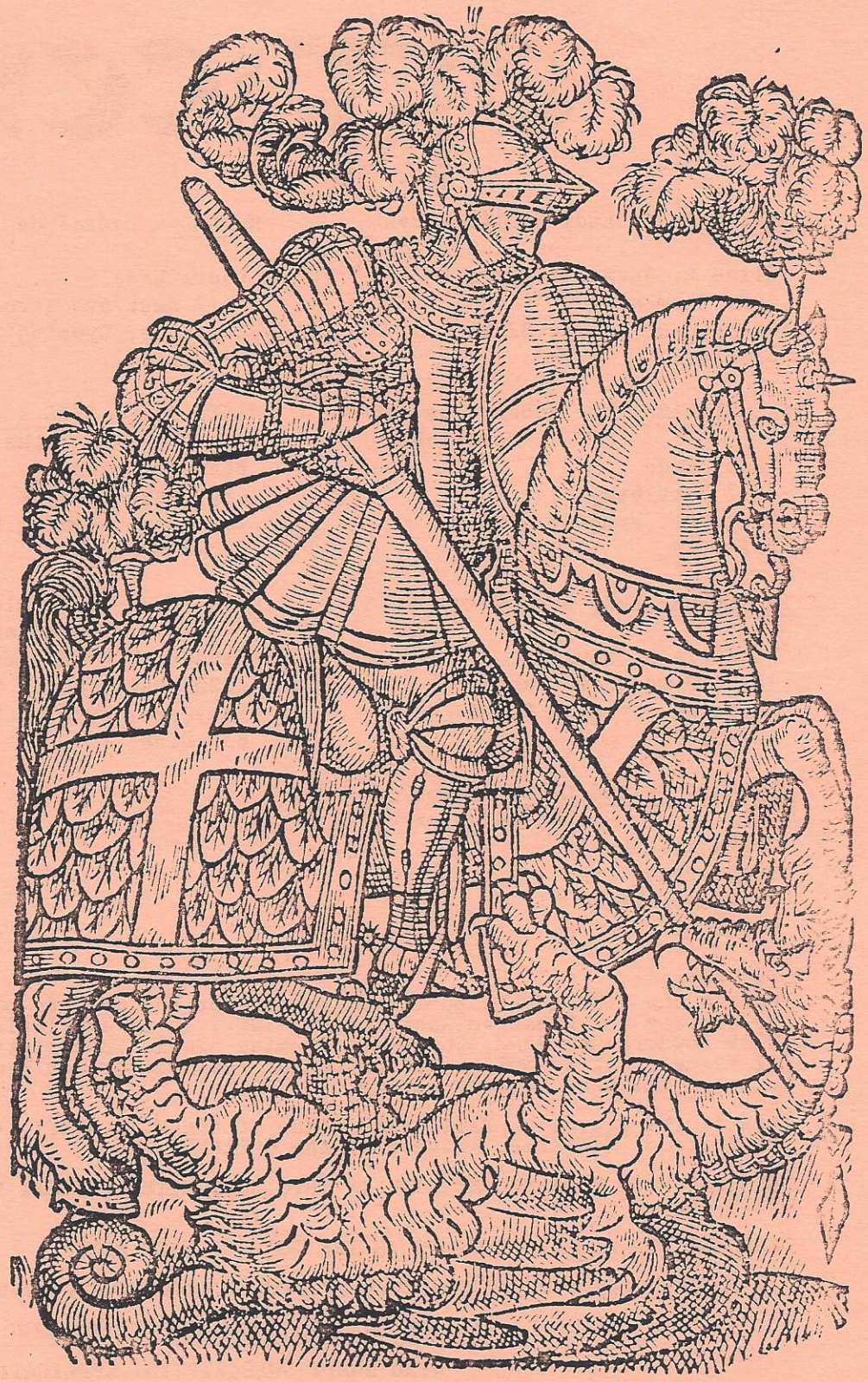


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FEBRUARY XXII

Woodcut from the first edition of the *Faerie Queene*, 1592





# ROSEMARY 2

Rosemary has been the symbol of fidelity for lovers since Roman times. Anne of Cleves wore a rosemary wreath on the day of her marriage to Henry VIII. This caused many people to doubt the binding powers of rosemary, because several months later they were divorced.

The legend about the "feminity" of rosemary may also be due to the fact that rosemary oil is an excellent hair conditioner for men and women. It adds natural sheen, helps take out snarls, and prevents split ends. A good procedure for using rosemary oil in the hair is to take a drop of oil in the palm of your hand, rub the oil on a natural bristles hairbrush and brush the hair.

A "tea" can be made from rosemary. The "tea" is also an excellent hair tonic. The tea is a longstanding folk remedy for nervous headaches. It stimulates capillary circulation and thus more blood is brought to and from the cells. This action makes rosemary helpful in healing colds, and sore throats. As a mouthwash, it freshens the mouth, and mixed with myrrh can be helpful for bleeding gums.

Around the year 500, one of the popular uses of rosemary was in the form of a simple wine sauce. It was prepared by boiling together 1 part of crushed Rosemary leaves and 3 parts of wine. Although it is not clear as to how it was used, we suspect, that the primary purpose of the sauce was to mask the flavor of "over-ripe" meats. In an early herbal we read: "Take the leaves (rosemary) and put them into wine and it shall keep the wine from all sourness and evil savours and if thou wilt sell thy wine thou shalt have goode speede."

In warm climates where it is hardy, rosemary is a little tree or bush. In cool climates, it is interesting as well as useful as a house plant, trained in odd shapes like Japanese dwarf trees.

Of all the spices, rosemary is one of the strongest and most distinctive. It gives a pine-like flavor to roast, boiled meats, soups, stews, salads, vegetables and even breads and cakes.

Dried rosemary should be used more sparingly than fresh leaves, which should be finely chopped. If the whole sprig is used, it should be removed before serving. The Italians are particularly fond of it and use it for flavoring meat dishes. It is excellent with lamb and chicken as well as with salads and seafood. Some use it on vegetables such as green beans, asparagus, and the New World foods such as zucchini, tomatoes and potatoes. Recipes usually use about  $\frac{1}{4}$  teaspoon for 4 servings.

## Rosemary Cleansing Cream (for Oily Skin)

This is a quick way of making a herb cleansing cream. A strong rosemary infusion (1 Tablespoon) well whipped in, can be substituted for the dried herb. 4 ounces or  $\frac{1}{4}$  pound good quality, scent-free cleansing cream and 1 teaspoon dried rosemary

Melt the cream slightly, add the rosemary and mix well. Pack into a screwtop jar.



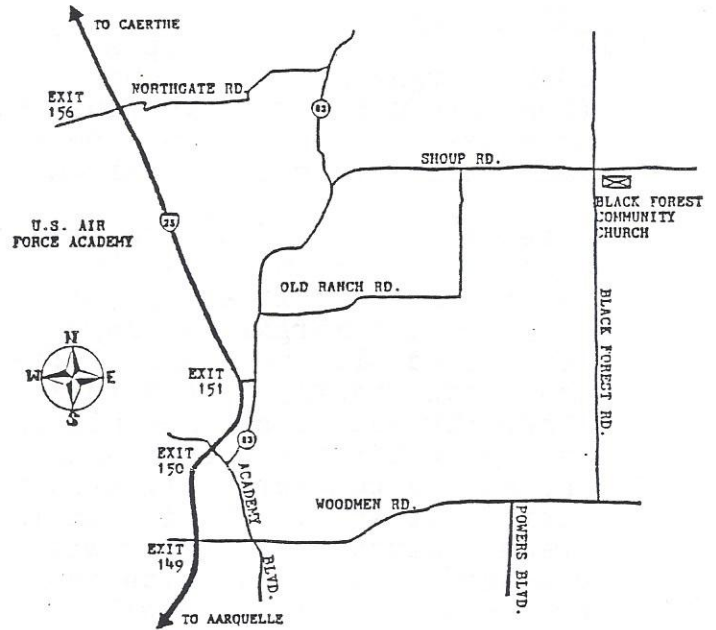
The Barony of Dragonsspine invites you to join in the fun as it hosts a Feast of Fools revel to be held April 2nd, 1988, at 6:30PM at the Black Forest Community Church (see map).

The main event of this revel will be the "Pun-a-Costume" contest, with a prize to be awarded for the "punniest" costume. Example: A polka-dot dress or tunic would be period garb. There will also be a Blindfold, Bell & Pillow game (Curious? Come and find out!) as well as dancing and other entertainment.

Site fee is \$3.00 per person, or \$1.00 if you bring a contribution to the sideboard. Sideboard dishes should feed 4-6 people. Families may want to consider bringing a platter or crockpot of their specialty. The site is discreetly wet, but please - wine only. A non-alcoholic punch will be provided.

Reservations are not necessary, but RSVP's would be greatly appreciated. Anyone wishing to provide entertainment should contact the Autocrat at the address below.

Morwyn MacDonald of Strathclyde  
c/o Robin Widmar  
238 Elmwood Drive  
Colorado Springs, CO 80907  
(303)531-9427 (no calls after 10PM)



## Twelfth Night Report

Lady Renate Koven

I wish to thank the many people who helped make Windkeep's Twelfth Night successful. I asked for your support and everyone really pulled through. Thanks to the following people: Lord Mlodn Župan for helping set up and clean up. He donated the book and two wines for the raffle.

Lady Thalia Loryn of Winddragon who was my "troll" and organized the plays freeing me to do other thing that evening.

M'lady Laura de la Chrouette d'Orée for the feast preparations. Her kitchen help were M'lady Elizabeth MacLeod and Amarantha Randolph, who deserve a lot of credit. The servers were Lords Darcy Randolph and Andrew MacKay, M'lords Robert aus den Nordlichen, John the Merry Andrew, and Maelgwn the Traveler.

M'lady Meave the Hither-dweller autocrated the entertainment, organized the singing, dancing, and the plays. She made the stained glass suncatchers the Shire gave as gifts to their majesties. The framed illumination for the raffle was her work.

The other people I wish to thank are Lords Galen of Wiltshire and Colm Cormaic for last minute participation in our plays to replace ill Windkeep players.

Thanks Lady Tehri Hadeel and M'lady Karol Harding from Unser Haven for their dancing.

Thanks to M'lady Jeri Kay, a newcomer for singing.

A special thanks to Their Royal Majesties, Hagen and Beatrix, King and Queen of the Outlands for attending Windkeep's Twelfth Night.

The raffle proceeds of \$54.00 went to the Outlandish Herald. The event made a profit of \$17.01. Many thanks again to everyone!.

## GRAND RUSSIAN WEDDING

On March 5, A.S. XXII (1988), we, Dmitri Nikolaivych Petrovoskyj and Anastazia Winogrodzka, will celebrate our SCA wedding. We wish to invite all to come and witness this union. The ceremony will take place at Fort Collins' City Park. (The bad weather site will be the same as the reception site - the V.F.W. Post 1781, 603 Lesser Drive, Fort Collins, CO. THIS IS A STRICTLY DRY SITE. ANYONE NOT COMPLYING WILL BE ASKED TO LEAVE!!!)

The approximate schedule of events is:

- 12:00 Noon - Preliminary Hall Set-up
- 2:30 PM - Congregational Gathering at City Park - Dress appropriately and bring your own seating.
- 3:00 PM - Start of the Ceremony
- 6:00 PM - Start of the Feast
- 11:00 PM - Site Closure and Clean-up

The tentative Menu is:

ON THE TABLE: Sdoba, Syr, Borshch Ukrainsky, Pirozhki  
FIRST COURSE: Taidetud Vasikarind, Plov, Agurkai su Rukscsia Grietne  
SECOND COURSE: Satsivi, Plov, Tushenyi Morkov'  
THIRD COURSE: Zemlyanika, Plov, Mdzhavai Kombosto  
FOURTH COURSE: Coffee and Dessert Buffet to include: Samsa, Medivnyk, Aleksander Torte and Imbirnaya Kovrizhka

The Event Fee is \$7.50/adult and \$5.00/child under 12. Reservations should be sent, with full payment, to the Feast-ocrat. At-the-door reservations will be made at her discretion.

For more information, contact:

MAIN AUTOCRAT:  
Anastazia Winogrodzka  
c/o Pat Mustain  
121 North Whitcomb  
Fort Collins, CO 80521  
(303) 484-4970

FEAST-OCRAT:  
Aileen Bardon  
c/o Ellen Young  
P. O. Box 56  
Timnath, CO 80547  
(303) 224-3389



FIRST ANNUAL BARBARIAN'S REVEL

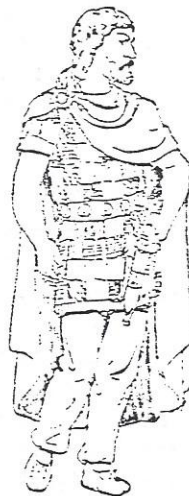
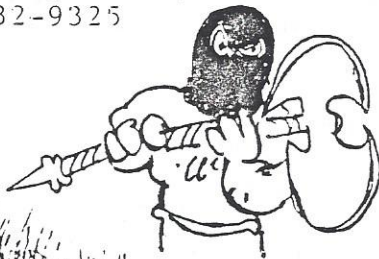
DATE - 26 March, A.S. XXII  
SITE - 528 S. Lincoln #16, Laramie, WY  
START - 6:00 p.m.  
SITE FEE - \$2.00  
AUTOCRAT - BRUMMBAR DER BARENFUHRER

Announcing the first annual Barbarian's Revel to be held Saturday, 26 March, A.S. XXII. There shall be competitions for Best Story, Best Riddle and many others. Prizes shall be awarded by the Autocrat. A prize of 2 ounces of silver will be awarded for the Best Storyteller and for the Best Riddler. This is a WET site and finger foods shall be provided, BUT you MUST Bring Your Own Fingers. If you require refreshment, it is advised that you bring your own. Dress shall be, casual, comfortable, and, preferably, slightly gaudy.

For more information, please contact the Autocrat at:

Brumbar der Barenfuhrer  
c/o Chris Way  
P.O. Box 107  
Cheyenne, WY 82003

Farspeaker:  
632-9325





# Lughnasadh

The Incipient Shire of Ard Thir announces the celebration of the Celtic Festival Lughnasadh. We invite all to attend our Tournament and Feast.

On 30/31 July A.S. XXIII Ard Thir shall hold a Tournament with many Lists. Armour inspection shall begin at 10:00, with the first round beginning at 11:00 and running until 5:00 on Saturday. On Sunday a Prize Tournament shall begin at 11:00. There is a \$1.00 Tourney Site Fee. This is a WET Site.

The Evening of 30 July a Feast shall be held, beginning at 7:00. This is a DRY Site. Feast Fees are:

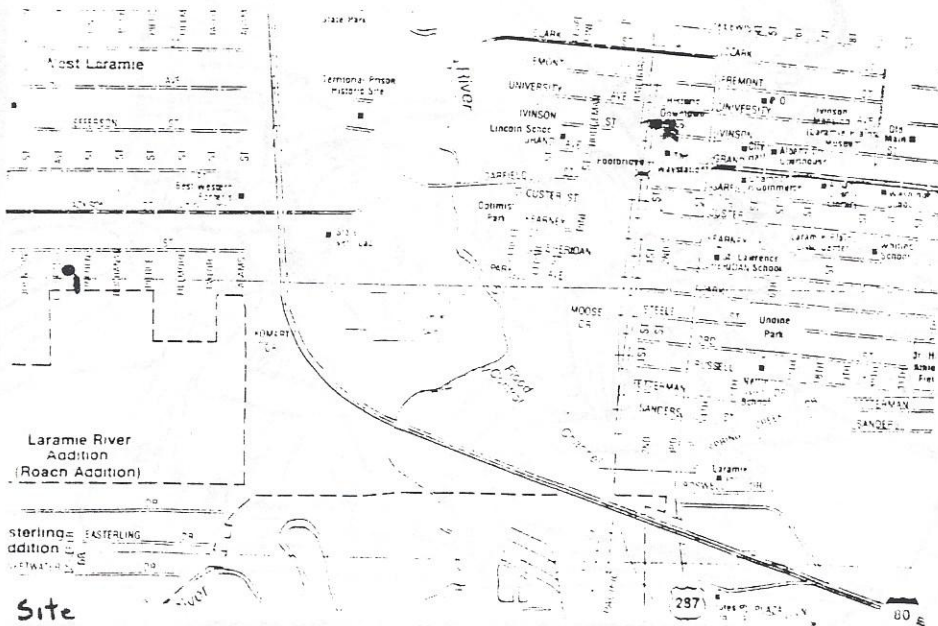
Persons age 13 to Adult	\$3.00
Persons age 6 to 12	\$4.00
Persons age 5 and younger	FREE

There will be no increase in any Feast Fees. Deadline for Feast Reservations is 1 July A.S. XXIII. There will be no at-the-door tickets available.

There is no camping available at either site. Camping facilities and local motels are within 1/2-3 miles of both sites. There is limited crash space available.

The following restrictions apply - No pets allowed at either site and Smoking in Designated areas ONLY.

AUTOCRATS: YEWWOOD MANOR  
 528 S. Lincoln #16  
 Laramie, WY. 82070-6360  
 307-742-0502



- Site
1. 528 S. Lincoln #16
  2. SENIOR CENTER  
103 ZIVINSON

WINDSWEPT

c/o Fred Hansen  
10205 Powderhouse Rd.  
Cheyenne, Wyoming 82009



Time value - do not delay



We Need Subscribers!