

annuabus quiete p̄firu
sempiterna. p̄ eundem



from a 13th c. psalter

Shire Officers :

SENESCHAL.....Lord Maelgwyn the Traveler

Mike Creegan

4301 Hayes Avenue / Cheyenne, WY 82001 / 632-8938

KNIGHT MARSHAL....Lord Thorman Arvidsson

Russ Sheats

2940 Plum Drive / Cheyenne, WY 82001 / 634-0224

HERALD.....m'lord Tomas of Cordoba

Mike Juhasz

968 E. 5th St / Cheyenne, WY 82001 / 638-0348 (wkday eves)

TREASURER.....m'lady Aldith o Baddon Poeth

Debbie Hammons

3400 S. Greeley Hw #133 / Cheyenne, WY 82001 / 632-1133

MISTRESS OF ARTS & SCIENCES...Lady Elaine the Lonely of Valynwoode

Bonnie Anthony

1431 Hot Springs, Apt C / Cheyenne, WY 82001 / 634-2037

MISTRESS OF THE LISTS...m'lady Raina Wulfsdottir

Cris Sheats

2940 Plum Drive / Cheyenne, WY 82001 / 634-0224

CHIRURGEON.....m'lord Rhys Gwin Afal

Larry Hammons

3400 S. Greeley Hw #133 / Cheyenne, WY 82001 / 632-1133

CHRONICLER.....Lady Gwyneth Maeve of Falconguard

Betty Creegan

4301 Hayes Avenue / Cheyenne, WY 82001 / 632-8938

=====
THIS IS THE WINDSWEPT, published by and for the members of the Shire of Windkeep in the Kingdom of the Outlands, of the Society for Creative Anachronism, Inc. Subscription rates are \$8.00 per year (for 12 issues) beginning in January (price is pro-rated quarterly). It is NOT an official publication of the SCA, Inc., and makes no attempt to delineate SCA policy.
=====

HARK! TIME TO RENEW YOUR SUBSCRIPTION! Don't be the first up against the wall when the Normans come just because you didn't read about it in the Windswept!

Price for the rest of 1990 (10 months) —> \$8.00 !

SCA name: _____

Mundane name: _____

Address: _____

_____ phone # _____

Mail to: THE WINDSWEPT

c/o Betty Creegan / 4301 Hayes Avenue / Cheyenne, WY 82001

(Make checks payable to: SCA-Shire of Windkeep)

=====

Calendar

FEBRUARY

Sat 10 WINDKEEP - ARCHERY PRACTICE (Rhys, 632-1133)
Sun 11 WINDKEEP =====POPULACE MEETING===== (Maeve, 632-8938)
Mon 12 Unser Haven — Dance practice (Catriona, 303-226-2018)
Sat 17-19 ****ESTRELLA WAR**** (Phoenix) / Genghis Con (Denver)
Mon 19 (No MSNO meeting; Maeve and Rhianwen will be at the War)
Tue 20 WINDKEEP - Guild night (check to see if Maeve's back first)
Sat 24 WINDKEEP - ARCHERY PRACTICE (Rhys, 632-1133)
Mon 26 Unser Haven — Dance practice (Catriona, 303-226-2018)
Wed 28 Caerthe - University of Caerthe "Medicine in the Middle Ages"
(Lord Bardolf, 303-460-9826)

MARCH

Sat 3 Citadel — KINGDOM ARTS AND SCIENCES COLLEGE
Unser Haven - Dance Collegium and Ball (Titus, 303-490-2936)
Sat 10 Caer Galen—Ides of March Tourney and Revel (Helena, 303-499-2031)
Sat 17 WINDKEEP — St. Patrick's Day Mini-Revel (Maeve, 632-8938)
Sat 24 Unser Haven — Fencing Tourney and Persian New Year
(Maximillian, 303-482-8762 / Tehri 303-482-6608)

APRIL

Sat 6-7 WINDKEEP - WISH WE WERE AT CROWN TOURNEY, PART II (Maeve, 632-8938)

=====REGULAR HAPPENINGS=====

POPULACE MEETING: Sunday, February 11, 7:00 pm, at Maelgwyn's house (4301 Hayes Avenue). Bring your own cokes and munchies.

UNSER HAVEN DANCE PRACTICE: 2nd and 4th Mondays, Harmony Presbyterian Church, Ft. Collins, starts at 7:00 pm. Medieval aerobics at its finest! Expect to attend the social hour at Perkin's afterwards—lots of interesting discussions usually ensue. For carpooling info, contact Maeve.

MERCENARY SINGERS OF THE NORTHERN OUTLANDS: 1st Mondays at Maeve's house in Windkeep; 3rd Mondays at Rhianwen's great hall in Ft. Collins (clubhouse of apt complex directly across street from dance practice site) For carpooling info, contact Maeve.

UNSER HAVEN FIGHTER PRACTICE: Sundays from 1:30 to whenever, at the Empire Grange hall (on Mulberry, about a long block past Taft Hill) in Ft. Collins. For more info, contact Lady Llamrei at 303-490-2936. They have excellent teachers and loaner armor.

ARCHERS OF WINDKEEP: Every Saturday from noon to 1 pm, at the easement just beyond Afflerbach Elementary School (take Central Avenue south to Wallick Rd, turn right and park in the faculty parking lot. The archery butt is just up the hill from the barrel-racing track. We have lots of bows of all different weights, plus two crossbows.

GUILD NIGHT — Every third Tuesday night at Maeve's—Bring whatever project you'd like to work on. Maeve has lots of tools and books for people to borrow, and she'll be working on pottery, sewing and armoring projects this month. There is a Kingdom Arts and Sciences competition in March—finish up your projects now!

***** SHIRE DIRECTORY *****

(A listing of our Populace will occur about twice a year in the Windswept. To have your name included, or to have it removed, as the case may be, contact the Chronicler).

Lady Elaine the Lonely of Valynwoode
Bonnie Anthony
1431 Hot Springs, apt C
Cheyenne, WY 82001 634-2037

m'lord Aidan Kirwan
Andan Lauber
116 Clover Court apt. D
Cheyenne, WY 82009 632-9122

Lady Gwyneth Maeve of Falconguard
Betty Creegan
4301 Hayes Avenue
Cheyenne, WY 82001 632-8938

m'lady Kate
Jeri Kay Lesneski
607 E. 22nd
Cheyenne, WY 82001 638-3705

Lord Maelgwyn the Traveler
Mike Creegan
4301 Hayes Avenue
Cheyenne, WY 82001 632-8938

(No SCA names yet)
Lanier (Luke) and Pam Lucas
2219 Helen Avenue
Cheyenne, WY 82001 638-0348

(No SCA name yet)
Barb Edmunds
7309 E. Pershing Blvd
Cheyenne, WY 82001 632-6947

(No SCA name yet)
Jill McMillan
903 Alice Ct.
Cheyenne, WY 82007 634-8418

m'lady Aldith o Baddon Poeth
Debbie Hammons
3400 S. Greeley Hwy, #133
Cheyenne, WY 82001 632-1133

(No SCA name yet)
Lori Scott
1015 Mediterranean Rd
Cheyenne, WY 82009 632-0149

m'lord Rhys Gwin Afal
Larry Hammons
3400 S. Greeley Hwy, #133
Cheyenne, WY 82001 632-1133

Lord Thorman Arvidsson
Russ Sheats
2940 Plum Drive
Cheyenne, WY 82001 634-0224

m'lord Eric "Timeslayer"
Chris Heller
5033 Hickory Place
Cheyenne, WY 82009 778-6110

m'lady Raina (Kostbera) Wulfsdottir
Cristina Sheats
2940 Plum Drive
Cheyenne, WY 82001 634-0224

Friar Coengar the Sinister
Joe Hesketh
1818 Fairview Avenue
Cheyenne, WY 82007 (no phone)

Lady Laura de la Chouette d'Oree
Laura Wade
4617 E. 6th Street
Cheyenne, WY 82001 632-9018

m'lord Tomas of Cordoba
Mike Juhasz
968 E. 5th St
Cheyenne, WY 82001 (638-0348)

m'lady Nattira Morley
Brenda Kenworthy
2511 Central Avenue
Cheyenne, WY 82001 778-2595

***** UNIVERSITY OF CAERTHE *****

Melancholy, phlegmatic, choleric, sanguine---we still use these terms loosely, but they had a precise medical meaning in the Middle Ages. That dread disease leprosy, for example, was considered to be caused by a melancholic excess, and treatment included smearing oil extracted from the wood of the ash tree over your body. But what does that diagnosis mean, and why ashwood oil? This month Lord Bardolf Ulfacson will tell us about the Four Humors, Period theories of how the human body worked and the joys of "Medicine in the Middle Ages."

Time: February 28, 7:30 pm

Place: home of Lady Amelia von Altburg -- 9901 East Evans Avenue #28D, Denver. Period garb is optional but appreciated.

For more information, contact Lord Bardolf (303-460-9826), Lady Amelia (303-750-9113), or Master Robin Vinehall (303-444-5004).

***** ST. PATRICK'S DAY MINI-REVEL *****

On Saturday, March 17th, there will be a Mini-Revel at Maeve or Aldith's house to celebrate the feast day of this wonderful Celtic saint (too bad he wasn't Welsh...). Dinner (starting around 6:30) will be potluck; the main meat dish will be provided for, so bring vegetables, salads, dessert, et cetera. Site fee is \$2.00 if you bring a dish, and \$5.00 if your cooking is less than par and you'd rather not poison the populace. Contact Maeve (632-8938) or Aldith (632-1133) for more information (no guarantees that we'll have any...).

OH NO! HE'S DOING IT AGAIN! IT'S THE RETURN OF...

"WISH WE WERE AT CROWN TOURNEY" REVEL AND GAMES!

Since Crown Tourney is being held once again down South, and to avoid the (likely) possibility of our populace becoming lost in the wilderness on a journey thither, Friar Coengar and the Shire of Windkeep are holding the WISH WE WERE AT CROWN TOURNEY REVEL, PART II!

As we did last year, there will be an abundance of silly games (wicky-ball included), dancing, revelling, and, of course, our MOCK CROWN TOURNEY (yes! we have the King's permission!). Come see who will be the pretender to the throne this time!

Watch for more details of this event in upcoming newsletters!

HOMEMADE PERFUME RECIPES

Are your manor's inhabitants hinting that it's been too long since you've had a bath? Does your lord's armor drive away the castle's vermin? Are the long winter months holed up in the keep leaving you with too much time on your hands, and you've always had a hankering for alchemy? Here are some perfume recipes to try to chase away the boredom (and any noxious odors....).

MINT WATER. Puree fresh mint leaves with water in a blender. OR add 1 cup of dried crushed mint to a pint of pure water. Seal and let sit for two weeks (shake daily). Strain and store in glass containers with tight-fitting lids.

EASY PERFUME of sweet oil (a highly refined olive oil): Pack fragrant botanicals with sweet-oil-soaked cotton balls in a glass jar with a tight-fitting lid (stuff some cotton in a jar, pour on just enough oil to saturate the cotton, then add the blossoms, etc, and cap the jar). Put it in the sun for a day. Change the botanicals for fresh ones daily. Eventually the oil will have absorbed the odor. As a cautionary measure, refrigerate the oil to prevent it from going rancid.

MENDESIUM (a perfume known in Ancient Egypt) --- Crushed cinnamon and crushed myrrh mixed in a light oil (such as sweet oil, oil of Ben, etc.)

SCENT OF ROSES. Combine in a glass bottle:
1 cup 75% alcohol (3/4 cup Everclear + 1/4 cup water)
1/4 cup rose water
1 tbsp rosemary oil
2 tbsp rose oil
1 tbsp tincture of benzoin (fixative)
Shake well and age 4 weeks ere using.

LEMON PERFUME.
1 cup 75% alcohol
2 tbsp lemon oil
1 tbsp citronella oil
1 tbsp lemon verbena oil
1 tbsp tincture of benzoin (fixative)
Place in glass bottle; shake well. Gets stronger with age.

SPICY ESSENCE.
1 cup 75% alcohol
1 tbsp clove oil
2 tbsp cinnamon oil
1/4 cup ground orris root (fixative)
Combine in tight-sealing glass jar; set aside for 2 months. Filter and store in sterile perfume bottles.

Note: Sweet oil can be obtained at a drug store (other light oils, such as regular olive oil, safflower oil, and other cooking oils are much cheaper). Don't use mineral oil; it's not period, and is not absorbed through the skin. Tincture of benzoin can be obtained at a pharmacy (you may have to ask at the desk). Ground orris root, myrrh, and essential oils can be obtained from the Whole Earth Granary in downtown Laramie.



UNSER HAFEN DANCE COLLEGIUM AND BALL

On March 3, 1990 the Shire of Unser Hafen is pleased to present an alternative event for those unable to attend the Kingdom Arts and Sciences in the Barony of the Citadel of the Southern Pass. The Unser Hafen Dance Collegium and Ball will feature dance classes during the afternoon and that evening we will throw a feast and a ball, featuring a Grand Pavan into the Hall. All dances learned that day will be done during the feast and ball that night with live music provided by Mistress Bernice's Ensemble. Classes begin promptly at 3:00 pm. The hall doors open at 2:00 pm classes are as follows:

Western Class I: 3:00-4:00 Hole-in-the-Wall, Salinger's, and the Fishing Reel

Eastern Class I: 3:00-4:00 Bandari, a tribal dance done in the Persian Gulf will be taught by the Munajat dance troupe.

Western Class II: 4:00-5:00 Female Sailor, Gathering Peas Cods, and the Black Nag.

Eastern Class II: 4:00-5:00 Nancy Montgomery, a guest instructor, will teach the Ghawazai.

Western Class III: 5:00-6:00 Well Hall, Espanielle, and Picking-Up-Sticks.

Eastern Class III: 5:00-6:00 Persian Miniature, a dance performed in Persian Royal Courts for the nobility will be taught by Munajat. Finally, the Grand Pavan will be taught throughout the day.

Bard's and Musicians were welcome and may participate in the evening's entertainment.

The feast will be prepared by the Inn of the Madwoman. It will include:

I. Cheeses, Breads, Flavored Butters, and Pickled Eggs (just like the ones at Defender/Warlord)

II. Cold Almond and Carrot Soup

III. Dilled Chicken, Lemon Rice with Mint, and Green Peas

IV. Beef Birds, Vegetable Ragoo (A dish consisting of a mis of buttered vegetables)

Dessert will feature Apricot Ice, Crumb Cakes, and Cookies.

After the feast a buffet table will be set up stocked with munchies to keep the dancers and everyone else on their toes. The feast will begin at approximately 6:30 or 7:00 pm.

Feast reservations are \$5.00, \$7.00 if post-marked after February 17, 1990. Site fee is \$3.00. The Collegium and Ball will be held at the Holy Family Catholic Church Recreation Hall at 324 North Whitcomb in Fort Collins (see map below).

Send reservations to:

Lord Titus Claudius Severus

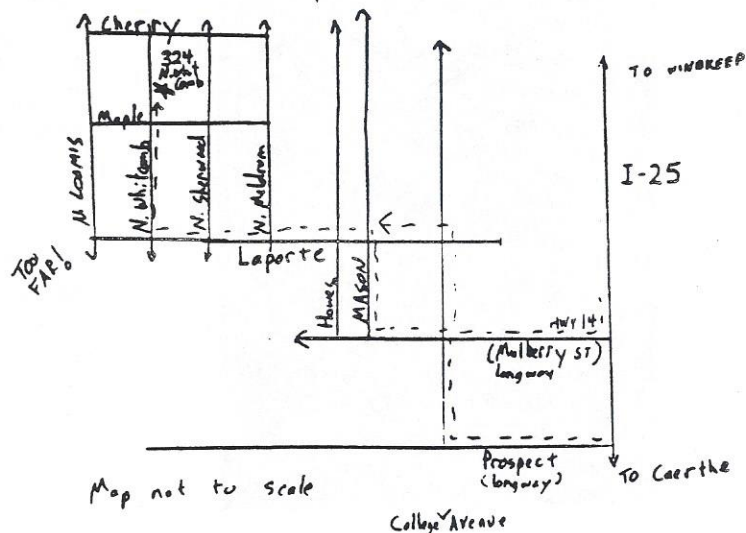
c/o Tod Huckaby

420 South Impala

Fort Collins, CO 80521

(303)490-2963

Make checks payable to SCA/Unser Hafen and include SCA name and locale of those whom the reservations were made for.



PERSIAN NEW YEAR

Last year's Persian New Year Celebration was such a success we've decided to do it again. It will be celebrated in the Shire of Unser Hafen on March 24, 1990, at the Empire Grange Hall at 2306 West Mulberry (Highway 14, west off I-25). The hall will be open for the Feast at 6:00 pm with the hand washing ceremony.

Serving will begin about 7:00 pm. Get your reservations in early. We have expanded to a limit of 50 (there will not be room for "drop-ins"). Floor seating will be available, along with a few tables on the side. Please bring cushions and/or rugs if you prefer floor seating. This is a dry site. The feast and site fee is \$7.00, if received by March 15, and \$10.00 after that date. The menu will include, but is not limited to the following:

- Cheese, Pickles, Finger foods
- Hearty Carrots
- Honey-spiced Chicken
- Flat Breads
- Goat Kabobs
- Persian Cookies & Desserts
- Rice with Lentils

So Happy Persian New Year or "Ide Shoma Mobarrak" to you! and we hope to see you there.

AUTOCRATS

Chalay of Shiraz
(303) 223-6494

Lady Terhi Hadeel
(303) 482-6608

Send reservations to:
Terry Foppe,
622 Whedbee, Ft. Collins.

PASSAGE D'ARMS FENCING TOUNEY

A Passage D'Arms Fencing Tourney will be held in Unser Hafen on March 24, 1990 at the Empire Grange (2306 West Mulberry, Highway 14, west from I-25). The site and the list will open at 11:30 am. Fencing will start at NOON. Entries after noon will be at the Autocrat's discretion (bribes will be considered.)

The site fee is \$2.00, entry fee for the Tourney is a bottle of something yummy (this is a dry site, but bring whatever, just don't drink it on site.) Prizes will be awarded for Overall Winner (all the yummy something to drink), Best Death, Most Outrageous Offhand Weapon and more.

AUTOCRAT

Maximilliam Steanbryeg
(303) 482-8762

The tourney will be completed about 5:00 pm so that all can attend the Persian New Year.



A Garb Checklist for Newcomers
(being a list of clothing items one probably cannot do without)

GOWN OR TUNIC — This is the basic item! Don't worry if you don't know how to trim it; in some periods, trim was uncommon and plain gowns/tunics were preferred. Remember that in the Middle Ages it was highly uncouth to show one's arms---if you make a short- or no-sleeved gown or tunic, wear a long-sleeved one underneath.

UNDERGOWN OR UNDERTUNIC — In the Middle Ages, at least two gowns/tunics were worn at any time. Cut the under-gown/tunic just slightly smaller, with longer hem and sleeves (so that you can see it while wearing the over-gown or tunic).

PANTS (for lords) — Until you can make a pair yourself, modern pants can be substituted as long as they aren't blue jeans (jeans simply look too modern).

SHOES or BOOTS -- Simple slippers, sandals, shoes, and boots, earth-tone in color, are best. Remember with boots that raised heels were not authentic for early periods. If you don't have shoes that look medieval enough, consider making leather, fur, or cloth leggings/shoe covers, which can be bound to one's leg with strips of fabric.

BELT — Many things were used for belts in the Middle Ages, including chains, cloth strips, cords, linked metal plates, and leather strips. If whatever you've come up with doesn't look too modern, it's probably okay. Remember to stay away from red and white belts, as they are reserved in the SCA for squires and knights.

POUCH -- You may think this is an insignificant item, but only until you've put all of your garb on and realized that the only place you have to put your wallet is in your boot/down the front of your bodice/under your hat/etc. Use your scraps from making your gowns/tunics to sew up a little drawstring bag.

HEADGEAR -- Although 'tis not the case in this modern day and age, in the Middle Ages hats and other forms of head coverings were an essential part of one's outfit. This was especially the case for women, who would not be seen in public without **something** on their heads, be it as simple as a circlet (made of anything except metal---another SCA restriction) or garland of flowers, or as complex as a two-horned hennin. Men in the early Middle Ages wore simple caps and white coifs; in later periods, men's hats were often as fancy as the women's.

CLOAK — Not all SCA events are held indoors, and one must walk nonetheless from one's chariot to the hall when they are. Medieval cloaks were often extremely simple---a rectangle, half-circle, full-circle slit up the front with a neck-hole. This is something whose function is to keep you warm---consider this when you shop for cloak-fabric (note: warm cloaks can be made from bedspreads, wool blankets, and heavy drapery fabrics, if you can obtain these inexpensively).

There are many other things that one can obtain to supplement one's outfit (such as dagger and other weaponry, gloves, jewelry---check what was in style during your time period, etc), but those listed above are the minimum items for an overall complete appearance.

WINDSWEPT

90 Betty Creegan
4301 Hayes Avenue
Cheyenne, WY 82001

First class mail

TIME-VALUE: DON'T DELAY



FIG. 15.—CROSSBOWMEN PRACTISING AT THE TARGET.

Their dogs are retrieving the arrows, and were trained to do this without injuring the feathers of the missiles.

From a translation into Italian of 'A History of the Peoples of the North,' by Olaus Magnus, Archbishop of Upsala. Printed at Venice, 1565.