

WINDSWEPT

FEBRUARY
A.S. XXV (1990)



OLAF FELS LONDON BRIDGE

- Story on page 9 -

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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. It is only a supplement to the Outlandish Herald and is not intended as a substitute. It is not an official publication of the SCA, Inc., and makes no attempt to delineate SCA policy. Articles of an informational nature published in the Windswept may be reprinted -- in their entirety and with due credit -- without permission unless otherwise noted; rights to art, poetry, stories and other such creative works remain those of the Windswept & the original artist and can not be reprinted without written permission. Subscription rates are \$8.00 per year for 12 issues (pro-rated quarterly) beginning in January. Submissions are due the 1st of the month.

**What's happening in your Shire? Where's the local excitement to be found?
Find out in The Windswept! Price for the remainder of 1991 (10 issues) is \$8.00.**

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2940 Plum Drive / Cheyenne WY 82001

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

Calender for February 1991

- 2 * Dragonspine - Candlemass & Baronial Arts and Sciences (Ruari 719-520-9725)
- 5 Windkeep - Demo at East High School - Sam
- 9 Caer Galen - Carnivale (Seodwyn 303-786-4952)
- 11-14? Windkeep - two more demos for East High sometime this week
- 16-17 * Atenveldt - Estrella War (Arianna Windhaven 602-963-1822)
- 24 Windkeep - Populace Meeting - (Rhys 632-1133)

Windkeep is doing school demos this month - some yet to be scheduled!

Check with the Seneschal!

March

- 2-3 * Unser Hafen - Kingdom Arts and Sciences (Rhianwen 303-484-1087)
- 4 Windkeep - Demo for Afflerbach School
- 9 Glen Ora - Love Revel (Donald MacKay 307-547-3557)
- 9 Caer Galen - Dorinda Benifit Revel (Elizabeth 303-442-3421)
- 16 Windkeep - Wish We Were at Crown (Coengar 638-8348)
- 16-17 al-Barran - Crown Tournament
- 22-31 Burnet, TX - TFJC

April

- 13 Unser Hafen - Sand Skirmish (Ja'far 303-484-8538)
- 20 Tigres de las Montanas (Dragonspine) - Feast of Fools (Ruari 719-520-9725)

May AS XXVI

- 4-5 Caer Mithin Halle - Coronation (Brenna 505-887-2567)
 - 18-19 Unser Hafen - Inn of the Mad Woman's Taster Tourney (Aileen 303-224-3389)
- * indicates Windkeep's Seneschal is planning to attend. He encourages others to join him.

Regular Happenings

Read Carefully for they may not be marked on the main calender

Fighting, Fletching, and Sewing Guild: Thursdays at Lord Christophe's from 6:30 to whenever.

All are welcome. Come to practice, sew garb, build armor, or just socialize, but please limit projects to those SCA related. For info call Lord Christophe or Lord Rhys.

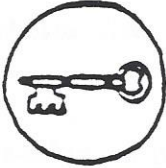
Populace Meetings: The last Sunday of each month at Lord Rhys' house unless otherwise noted. Meetings are in garb, and start at 7:00pm. Occasionally the meetings will be potluck and start at an earlier time. Such meetings will be noted on the calender.

Unser Hafen Dance Practice: 2nd and 4th Mondays at 7:00pm. Practices are usually held at the Lory Student Center at CSU, room 202. Call Lady Catriona (303-226-2018) or Lady Tehri Hadeel (303-482-6608) for more information.

Unser Hafen Fighter Practice: Sundays from 1:00 to 4:15 in the CSU Fieldhouse on College Ave. For more information call Lord Galen of Shadowraven at 303-229-9507. Loaner armor is available.

Windkeep Archery Practice: Every Saturday from noon till whenever (weather permitting; call Rhys (632-1133) if in doubt) in the easement beyond Afflerbach Elementary School. To find this location take South Greeley Hwy to Wallick Rd (between Big Country Estates and the VFW) and turn right. Park in the school parking lot. The archery butts are up the hill to the north. The range is available for use at any time during the week. Bows are available for loan from Lord Rhys.

FRODO THE SENESCHAL



Greetings unto the Populace of Windkeep,

Demo season is upon us. We are scheduled to perform demos at East High School and Afflerbach Elementary School already and will probably be contacted about others. This is the time of year that most of the schools begin studying medieval history and we can be of alot of help to them. If you are contacted about putting on a demo please contact me as soon as possible. I will be glad to help coordinate the demo and get the word out to the rest of the populace. If you can attend any of the demos you will be of great help. The Afflerbach demo will be on March 4th and the East Demos will be next week, but we don't have a firm date yet. Remember, our primary purpose is education.

On another note, Unser Hafen will be hosting the Kingdom Arts and Sciences Collegium on March 2nd and 3rd. I strongly encourage you to attend. This is a chance to learn and do all of the different arts and sciences you have always wanted to but didn't know where to start. The feasts at Unser Hafen are always good and the cost is only \$11.00 for site and feast. There will also be a tournament on the 3rd. If you are planning to attend, or are just thinking about it, please let me know. I will be glad to help with transportation or anything else I can.

Our next event is "Wish We Were at Crown" on March 16th. Friar Coengar is planning the event, and it looks like it will be alot of fun. If you would like to help, contact Coengar.

One last comment. Aldith has expressed a desire to teach cooking and feastocrating to any who would like to learn. As part of this we have consented to providing fresh baked bread (like was made at Hunter's Feast) for the Five Year Celebration in Dragonspine. Those who help will have their fees reduced or waived as appropriate. We would need about fifty loaves altogether and Aldith would love to teach her bread recipe to all who would like to learn. If you are interested contact Aldith.

Yours in Service to Windkeep and the Outlands
Lord Rhys Afalwin, Seneschal

University of Caerthe

Are you uncertain how to address a viscount - is it "Your Excellency", or is that reserved for barons? When you come before the King and Queen do you bow or do you kneel? And for just what accomplishments is the award of The Stag's Blood given? This month Master Hagar the Black will discuss "Protocol and Awards in the SCA". Whether you are new to the Society or an old-timer you will find it interesting.

We will meet at 7:30 P.M. on the fourth Wednesday of the month, February 27, at the home of Amelia von Altborg - 9901 East Evans Avenue, #28D, Denver. All are encouraged to attend. Period garb is optional, but appreciated. For further information, call Master Hagar, 469-0406, Lady Amelia, 750-9113, or Master Robin Vinehall, 444-5004.

Outlands' Arts & Sciences College

To be held March 2-3 in The Barony of Unser Hafen

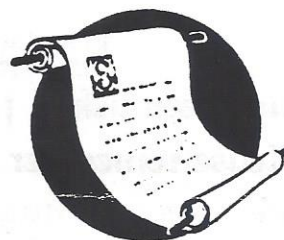
The universities of the Middle Ages were filled with people eager to study, to teach, and to enjoy the company of others with similar interests. The Barony of Unser Hafen invites you to attend the Outlands' Kingdom Arts and Sciences College and help recreate a special part of the culture of the Middle Ages.

Classes will be offered in many different areas, including

"Period herbal gardens" - Mistress Miranda
"Articulated armor" - Lord Alfred Hawkmoon
"Researching period songs and stories" - Mistress Ariel
"Autocratting" - Mistress Eva
"Designing embroidery patterns" - Master Hagar
"Women illuminators" - Lady Sadhbh
and many, many more.



The feast in the evening will include such dishes as:
Pickles, Olives, Cheese, Flat Bread, and Kokoie
Noodle Soup
Herb Baked Fish
Buttered Rice
Chicken in Plum Sauce
Jewelled Rice
Candied Carrots
Lamb
Fruit, Stuffed Dates, and Cookies
Teas



The number of feasters is limited to 120.

Finally, on Sunday, weather permitting, there will be heavy and light weapons tournaments for all to watch. The entry "fee" for the tournaments will be one Arts or Sciences item made by the entrant that may be put on display for the afternoon or that may be performed at some point during the day.

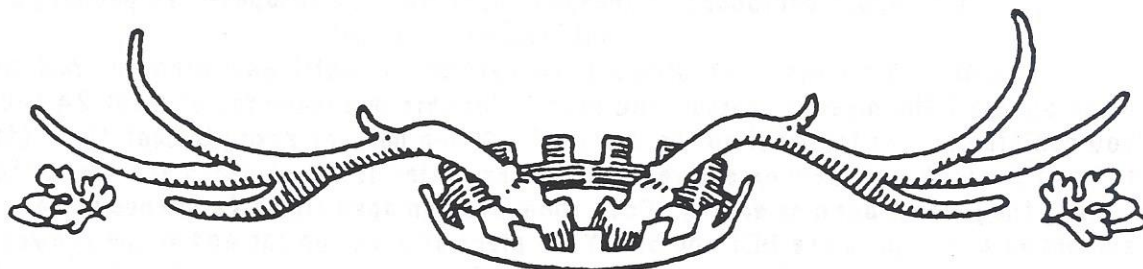
The event will be held March 2-3 at the Foothills Unitarian Church at 1815 Yorktown Ave. The site fee for the weekend is \$4.00 and the feast fee is \$7.00. The site opens Saturday at 9:00 a.m. and classes will begin after opening court. The tournaments on Sunday will start at 11:00.

Autocrat:

Rhianwen ferch Morgant
c/o Anne Reynolds
2505 Stanford Rd.
Ft. Collins, CO 80525
(303) 484-1087

Feastocrat:

Theresa die Tanzerin
c/o Terry Foppe
622 Whedbee
Ft. Collins, CO 80524
(303) 482-6608



From the Chronicler

Last month the Shire of Windkeep decided to extend an invitation to trade newsletters with the other groups of the Outlands. I am happy to report that many groups responded, several with compliments on the Windswept. We have long been receiving "The Tossplot" from Unser Hafen, the "Meiassis Dragon" from Dragonspine, "Otherwords from Otherhill", "Ard Times" from Ard Thir and "The Fortress" from Caerthe. To this list I now welcome "Medieval Tymes" from the Citadel of the Southern Pass, "Fewmets" from the College of Los Tigres, "Hidden Hall Bard" from Caer Mithin Halle, "The Dorinda" from Caer Galen, and "Baronial Shaft" from al-Barran. I invite the populace to learn about our fellow Outland groups at populace meeting where our trade copies will be available for all to see.

I also invite (and request) articles of interest, tidbits of knowledge, flights of fancy, and any other art, works, or tastes of the medieval age to be submitted to the Windswept. The submission deadline is the 1st of each month. This month I would like to extend heartfelt thanks to Thorman and Aldith for their articles, art, and recipes.

Don't forget about **The Great Goyer Contest** and your chance to win a free Windswept subscription. Check the January Windswept or contact me for details. There were no entries for the month of February.

Yours in Service to the Society,

KOSTBERA

Recipes from: the Lady Aldith

I have been asked for a few recipes, so I will list some for you to try. Please remember that I come from the cooking school of "this looks good" and you might like to adjust the spices to taste.

Fowl with Noodles (Feeds 12)

Two chickens, cut up or not
(if you don't like innards, then don't cook them.)
A dozen eggs, flour, salt, pepper, poultry seasoning, parsley,
and 1 onion - diced.

Boil the chickens in water with a little salt, about 1 tablespoon of poultry seasoning, and the onion until the meat starts to fall off the bones. Remove the chickens and let them cool. Bone them, return the meat to the pot, and bring the pot to a boil. In a large bowl break the eggs and stir them up adding the other seasonings to your taste. Add flour to make a stiff mixture. You can either roll this out and cut into noodles or make teaspoon size dumplings, then add to the boiling chicken. Boil for 15 minutes and turn off. If you cook it longer the noodles will be tough. This keeps well in a crock pot at low heat.

Skewered Meats (Feeds 4 - 12 skewers)

1 pound of 1 inch cubed meats, 1 teaspoon cumin seeds, 1/2 tablespoon pepper,
1 teaspoon coriander, 1 teaspoon paprika, 1/2 teaspoon red pepper, and
4 tablespoons olive oil.

Mix all seasonings, including oil, in a ziploc bag until well blended. Add meat and make sure all the meat is coated. You need to let this marinade for at least 24 hours. You can also freeze the meat in the marinade. When you are ready to cook them (thaw them if frozen) put them on skewers. It works better if the skewers are soaked in water; they won't burn as easily. Cook them over an open flame (a barbecue works best) and serve hot. These are HOT and SPICY. A piece of bread on the end of the skewer for serving works well. It gives you something to hang on to and is good to eat as a buffer to the meat.

When the Pot Luck Says "Period Food"

By Lady Aldith

Pot luck feasts are not uncommon. Many of us are daunted by having to try and prepare food mundanely, let alone something that could have been served in medieval times. In the cases of an event, sometimes the sponsoring group will provide one main dish and ask for things to accompany it. A good standby is loaves of bread and butter or cheese. There really cannot be enough of that. The only problem that is faced at a truly pot luck feast is that you are literally at the mercy of the populace for what is served for your dinner. If you are going to a pot luck feast, and there are no guidelines with the event, then call the autocrat and inquire as to what they might like you to bring and how much your dish should feed. The usual rule of thumb is that your dish should feed 12 people, but remember to take into account is the distance to the event and the facilities at the event for cooking or warming your contribution. I personally like things that keep easily.

Meat stews and rice dishes are rather common. If you stop and think for a minute about what kind of meats and vegetables were available, and the spices that were used, assembling an unusual dish can be loads of fun.

In medieval Europe there were only a couple of things that weren't used in foods that we use now. Tomatoes didn't come to be food until later periods chiefly because the plant was poisonous. When animals ate the plants, they died. The populace generally stayed away from things that killed their livestock. In Italy and Bulgaria tomatoes were widely used, and when travellers to those countries finally brought back recipes using them, letting people know that they didn't keel over from eating them, they were more widely experimented with. Meats were either used immediately for foods, or they were salted or dried or spiced for eating later. When meats were used later they were served highly spiced to mask the taste in case it was slightly rancid. Remember, they simply sliced moldy areas off the meat and served the rest believing that the mold helped in the aging process and made the meat tenderer. The spices that were common in meats were cinnamon, cloves, cardomon, garlic, mace, ginger, pepper, and salt. Saffron was also used, but mostly in rice and vegetables dishes. It is VERY expensive for making things on a large scale.

I have found that simple recipes taste the best, and are usually more "period." Keep in mind that most dishes were handed down from mother to daughter, and the simpler they were to remember the better.

For meats they had fowl (which consisted of anything that flew), fish (which was whatever was available in the water, salt or fresh) and game (anything on feet with fur) which included deer, wild pigs, fox, wolf, martian, and roe. Most of the meats were roasted in one fashion or another; usually over an open fire unless they were rich enough to own or construct an oven. Most foods were prepared in what we would call a dutch oven, again over open flames. Cows were raised mostly for milk and making other cows, with the older ones slaughtered for food. Sheep were handled much the same way, being raised for wool with an occasional lamb slaughtered for a special occasion dinner.



This song is scheduled to be used for the Outlands' processional into Grand Court at TFYC.

RAJOICE

Music respectfully borrowed from Patrick Doyle's soundtrack for Henry V
Words by Ælflæd of Duckford, in the reign of Artan III and Aziza
July 1990 (A.S. XXV)

Re-joice now with the Out-lands; Our foe is yet-our fri-end If in
glo-ry we fall or glo-ry we stand, 'tis glo-ry at the end.

DESCANT

Re-joice with the Out-lands; foe is yet our friend; If in
glo-ry fall or glo-ry stand; glory at the e—nd

3rd time through, add this:

This is a good key for instruments, but high for most singers. We've been starting on the D below this. Whatever key you end up in, the descant starts on the last note of the melody, so those who know the harmony can get their pitch from the lead singers. We've found that any more than about 10% of singers on the descant is too many. If you have fewer than ten singers, have only one descant; in a roomful, three or four has been plenty, if they can sing it clearly, because it's high enough to carry, and you don't want to overpower the melody.

If you want to sing along with the post-battle scene in Henry V, the words used there are
Non nobis Domine, Domine, non nobis Domine,
Sed nomine, sed nomine tuo da gloria.

It means "Not to us, Lord, but to Thy name be glory given." In the descant, the middle "Domine" in the first line is deleted, and the whole business has been a little simplified for our use.

OLAF FELLOWS LONDON BRIDGE

LONDON, England (TAP) --- Today in the year of our lord 1010, Norway's Olaf Haraldsson a young lad in his teens under the command of Thorkell the Tall led a Viking fleet up the Thames River and pulled down London Bridge! "Olaf, the Stout we like to call him, had us make large hurdles made of withies and soft wood, so cut as to make a wickerhouse, and thus covered our ships, so that the hurdles reached out over their sides; he had us then put posts beneath them so high that it was easy to fight beneath them, and the covering was then proof against stones thrown down on it. When we were ready we rowed up the river; as we came near the bridges we were shot at, and such large stones thrown down on us that neither our helmets nor shields could withstand them; and the ships themselves were greatly damaged, and many retreated. But Olaf and the rest of us Northmen with him rowed up under the bridges, and tied ropes round the supporting posts, and rowed our ships downstream putting our backs into it. The posts were dragged along the bottom until they were loosened from under the bridges. As our armed enemy stood thickly on the bridges, and there was a great weight of stones and weapons upon them, and the posts beneath were broken, the bridges fell with many of the men into the river; the others fled into the city, or into Southwark." As told by one of Olaf's men who wished to stay anonymous. It is surely an event that will be long remembered.

A very old tradition holds that this incident inspired the nursery rhyme:
London Bridge is falling down, falling down, falling down . . .

Olaf early in his life pursued a distinguished career as a Viking. In 1013, Olaf received baptism at the hands of his Norman cousins in Rouen, France. The following year found the convert raiding the beleaguered Christian provinces of northern Spain. Inasmuch as these enclaves were battling desperately for survival against the encroachments of the powerful Moors, Olaf's conduct prompted the great Dutch historian of Moslem Spain, Dozy, to comment dryly: "This was a saint of a singular type."

In 1016 Olaf ascended the throne of Norway and, for the brief two years of his reign, evangelized his countrymen with unflagging zeal. Above all, reports Adam of Bremen, Olaf "routed out the magicians from the land. Although all barbarism overflows with their number, the Norwegian land in particular was full of these monsters."

Ardent for converts, Olaf burned down the farms of all who resisted the divine word; nor did he shrink from blinding and maiming those of his subjects hardened in error.

Whatever the methods, they worked. When Harald Bluetooth's son, Svein Forkbeard, became King of Denmark about 985, he was a Christian monarch ruling a largely Christian land. And when Svein's son Knut forged England and most of Scandinavia into a North Sea Empire, Christians constituted the majority of his subjects.

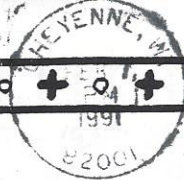
Thus the dawn of the 11th century saw the cross of Christ supplanting the hammer of Thor throughout the developing kingdoms of the North. Only in remote Sweden, the ultimate bastion of European paganism, did Odin and his pantheon survive for yet a few more generations.

Christianity spelled the end of the way of life that has sired the Viking Age. Now eternal damnation, rather than Valhalla, awaited warriors slain while ravaging and murdering. Charity replaced ruthlessness in the catalogue of virtues, as mercy replaced rapine. Trading in slaves -- now largely the delivering of co-religionists into infidel hands -- grew ever more repugnant to the new Christians. Thus the mightiest royal champion of Christ in the North was Norway's Olaf Haraldsson, later to become his country's patron saint.

The Vikings by Howard La Fay, Special Publications Division, National Geographic Society; 1972.

WINDSWEPT

c/o Cristina Sheats
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TIME-VALUE: DON'T DELAY

