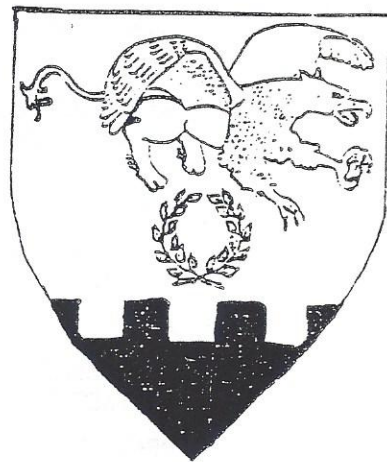


# WIND

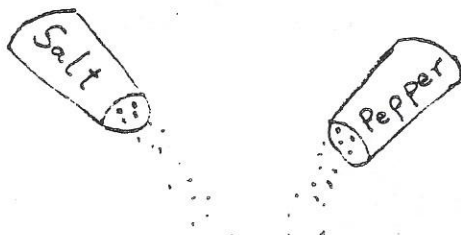
JANUARY, XX/1936

# SWEPT



"WE SHALL TRY ONCE MORE TO HAVE AN ACCEPTABLE NAME FOR THIS SHIRE."  
The Shire of WINDKEEP sends Greetings to All.

SECOND ANNUAL ARTS & SCIENCES ISSUE



"Seasoned Greetings"  
(With apologies to Viscount Beryld—Pun Tax was repealed with the end of your reign!)

This is the WIND SWEPT, published by and for the members of the Shire of WINDKEEP, of the Society for Creative Anachronism, Inc. It is available from the Chronicler at QTRS 378 B, F.E. Warren AFB, WY 82001-7019. It is not a publication of the Society for Creative Anachronism, Inc., and does not delineate Society Policy.

This is the January, XX/1986 issue of the WIND SWEPT, the unofficial newsletter of the Shire of WindKeep.

As Chronicler, I apologise in advance for any errors in this newsletter.

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

DEADLINE FOR ALL SUBMISSIONS IS THE 15TH OF EACH MONTH. ABSOLUTELY NO EXCEPTIONS!

## OFFICERS

### SENESCHAL - LORD TOD COYLE

G.L. Brown  
QTRS 378 B  
E.E. Warren AFB  
WY 82001-7019  
(307) 632-8162

### HERALD - LAURAL DE LA CHOJETTE OR

Laura Wade  
4617 E. 6th  
Cheyenne, WY 82001  
(307) 632-9018

### KNIGHT MARSHALL - ROBER AUS DEN NORLICHTEN

(In Training)  
H.P. Wade Jr.  
4617 E. 6th  
Cheyenne, WY 82001  
(307) 632-9018

### TREASURER - ADRIANNA G. VON FEHMARN

Patricia Burch  
507 E. 10th  
Cheyenne, WY 82001  
(307) 632-2648

### MINISTER OF ARTS & SCIENCES -

MLODN THE MERCHANT ZUPAN  
Fred Hansen  
10205 Powderhouse Rd.  
Cheyenne, WY 82009  
(307) 637-8168

### CHRONICLER - LADY CEALLACH LLYN TREMEN

Nancy Brown  
QTRS 378 B  
F.E. Warren AFB  
WY 82001-7019  
(307) 632-8162

### MISRTESS OF THE LISTS - LAURAL DE LA CHOJETTE OR

Laura Wade  
4617 E. 6th  
Cheyenne, WY 82001  
(307) 632-9018

### HEALER - LADY ELAINE OF VALYNWOODE

Bonnie Anthony  
2607 Poplar Ct. Apt. A  
Cheyenne, WY 82001  
(307) 634-2037

### HOSPITALLER - AMMARANTHA RANDOLPH

Jean Denise Richardson  
312 South Fork St. #51  
Cheyenne, WY 82007  
(307) 637-3120

### SHERIFF - DARCY RANDOLPH

Donald F. Richardson  
312 South Fork St. #51  
Cheyenne, WY 82007  
(307) 637-3120



# Calendar

## JANUARY WINDKEEP

Note:  
 This is Sunday!!

5	Shire Moot	QTRS 378 B, F.E.W.	2pm	In Costume
12	12th Night + 6	10205 Powderhouse Ri.	Mlodn & Renate	637-8168 *
25	Winddragon Revel	2820 Thomes Apt. 1		Loryn 635-3882 *

### ELSEWHERE

4	12th Night	Caerthe	Odan & Alianna	(303) 698-0693 *
11	Bawdy Bardic	Dragonsspine	Miriell & Jeanine	(303) 550-9459 *
11	12th Night	Otherhill	No Information Available	
25	Generic Revel	Uns Haven	Ian	(303) 224-5503
25-26	Artemasian A & S	Draca Mor	Zabrina	(303) 241-3617 *

## FEBRUARY WINDKEEP

1	Shire Moot	QTRS 378 B, F.E.W.	2pm	In Costume
22	Love Revel	507 E. 10th Cheyenne	No Information Available	

### ELSEWHERE

7	Gaming Revel	Caerthe	Manfred	(303) 341-9381
8	Candlemas	Dragonsspine	Lourana	(303) 392-3214

## UPCOMING WINDKEEP JULY

18-20 Invitational/Tournament . 18th to be in Downtown Cheyenne!! No Info. Details will be following as soon as possible, probably starting next month!! We already have people promising to come up from Citadel and al-Barran!!

### ELSEWHERE

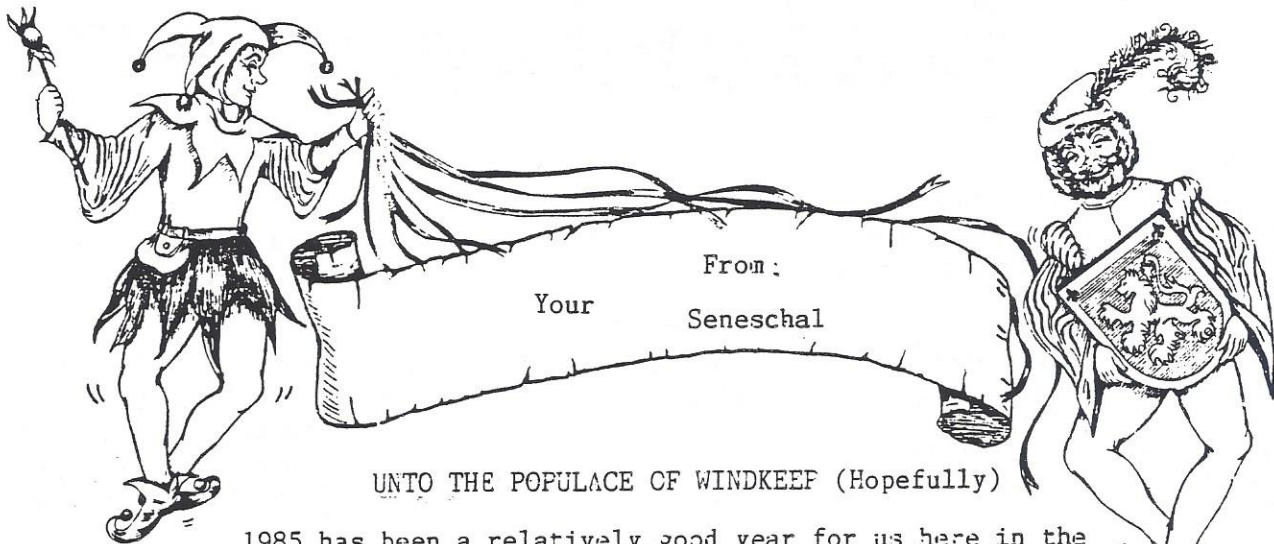
#### APRIL - MAY

25-4 THE TWENTY-YEAR CELEBRATION Barony of Stargate Chron. has Info.

\* Details elsewhere in this issue.

### THIS MONTH'S CREDITS

Amarantha Randolph - Cartoon - Front Cover  
 Baron Theodric ap Brekan Bekan - Knotwork pgs. 1, 4(top), 7, 10  
     - Calligraphy pgs. 1, 2  
     - Drawing pg. 3 (bottom), castle pg. 5  
 Lady Elaine of Valynwoode - Drawings pgs. 4,8,10,13,19  
 Señor Salvador Paulo de Barcelona of Caid - Drawings pgs. 6,7,12, Castle pg. 10  
     - Border Pg. 13  
 Elizabeth MacKay - Knot Garden Drawing pg. 13  
 Renate - Contributed - Drawings pg. 11, Border Pg. 14  
 Mlodn the Merchant Zupan - Contributed - Knotwork pgs. 4(bottom), 18  
 Lord Galen of Wiltshire - Headsman - Back Cover  
 Lady Ceallavh Llyn Tremen - "Salt & Pepper" pun - Front Cover  
     - "X" - Back Cover  
     - Calligraphy pg. 9  
     - Bread drawing pg. 12



UNTO THE POPULACE OF WINDKEEP (Hopefully)

1985 has been a relatively good year for us here in the Northern Wastes.

We have had a few problems in keeping a Shire name, but with a little luck, WINDKEEP will pass. There appears to be no conflict this time and our name/device is at Principality level, and should be forwarded to Kingdom level in January.

Back in January of this year I set some goals. Overall I am happy with what has transpired.

Kingdon status for those of us in the Outlands appears to be just a short distance away.

Windkeep voted 100% in favour of the new Kingdom.

I wish to thank all of you who have supported me during the past year and I am looking forward to 1986, the TYC and more fun locally.

---

GOALS FOR 1986

---

A consolidated Guild Program

Fighter practices on a monthly basis (minimum) with an increase in Shire fighters

An active role in shire affairs by all members of the populace

More contributions to the WIND SWEEP by all members of the populace

Getting Shire Awards drawn up and registered

An increased emphasis and participation in the Arts & Sciences

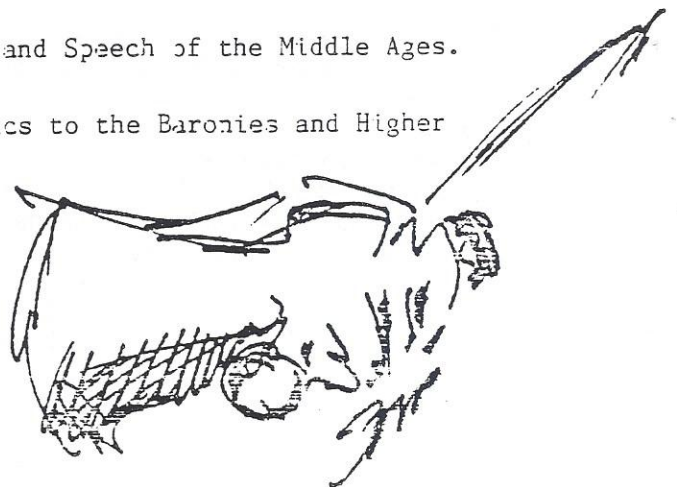
An increased emphasis in Principality/Kingdom events. We support out-of-town events as a Shire

Live the Dream of Camelot

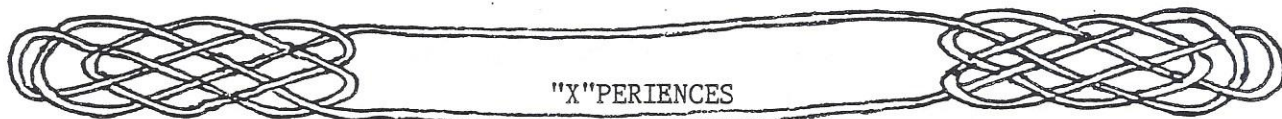
Practice and study the Customs, Courtesies and Speech of the Middle Ages. Speak foresoothly

Remain an active Shire and leave the Politics to the Baronies and Higher

*Lord Tod Coyle*  
 Lord Tod Coyle,  
 Seneschal,  
 Windkeep







"X"PERIENCES

WINDKEEP SHIRE POLICIES

1. Newcomers must be active for a period of 6 months before they can be considered for primary offices. However, they can be deputy officers before this time. To be a primary officer, a person must be a paid member. This last is Copora Law.
2. All adult members are expected to autocrat or co-autocrat one event per S.C.A. year. This can be from a local Shire revel up to a Kingdom-level event. Exceptions art to be arranged through the Seneschal.
3. If a member brings in a newcomer, that member will be their "Defender" to answer questions, help in costuming and make the newcomer feel welcome. If the member cannot do this, he/she will find someone to help or take over this privledge. A newcomer may also choose their own "Defender" within the Shire, if they so desire, and all parties are agreeable.
4. A majority of primary officers is necessary for anyone to receive Shire Awards.
5. All officers are responsible for training a deputy to take over their office when they feel ready to step down from said office. It is up to the officer & deputy how long this training will take.
6. All Armigers, Peers, and higher ranking persons are encouraged to wear their headbands and other insignia of rank at all Shire events.

PROPOSED SHIRE AWARDS  
(By Name and Category Only)

Service Awards:

- Sable Gryphon - Adults
- Gryphon's Talon - Juvenile males
- Snowflake - Junenile females

Arts & Sciences:

- (?) - Adult
- Indian Paintbrush - Juveniles

Shire Fighters Award:

- Defender of the Keep

Shire Defenders Award:

- Guardian of the Gryphon

Shire Chivalry Award:

- Order of the Valiant Gryphon

Seneschal's Award:

- Silver Gryphon



Constitutions for these awards will be drawn up and submitted to Kingdom, etc., along with appropriate badges, scroll designs and whatever else is necessary to properly register them.

These awards can be given to the same person more than once, if they are earned more than once.





## WIND SWEPT SUBSCRIPTION RATES

I am having to increase the Subscription cost of the WIND SWEPT!! (I'm really sorry, everyone, but I didn't realize how much this paper cost to put out!!)

My figures for the 11 months I have been Chronicler are: 515 copies printed at a cost of \$322.04, plus \$64.36 for postage, for a total of \$386.04. This comes to an average of 75¢ per issue, or \$9.00 per year for each person receiving the WIND SWEPT.

At our last Shire Moot, the populace agreed to a price raise to \$8.00 per year, as each person's subscription expires. This will help our pocketbook a lot, because, as most of you already know, this money DOES NOT come out of Shire funds, but is Lord Tod's and my contribution to the Shire each month.

We are still paying for the Trade and Courtesy copies gladly. I hope all of our subscribers will appreciate the necessity of this price increase, and continue to receive their WIND SWEPT each month.

## OUTLANDS INVESTATURE

I had an incredible time in the Barony of al-Barran at MidWinter/Investature! First off, if you ever get a chance to attend one of the events in this Barony, DON'T PASS IT UP!! They have Wonderful Times, and make everyone feel welcome and at home at once. Enough.

The Mid-Winter celebrations started with early-afternoon fighting, set-up, and cooking "beasts" over open fires.

Court was opened at about 5pm, and continued for a couple of hours or so, I was enjoying myself too much to pay attention to the time! Parts of the excellent feast were served during court, so no one complained of hunger!

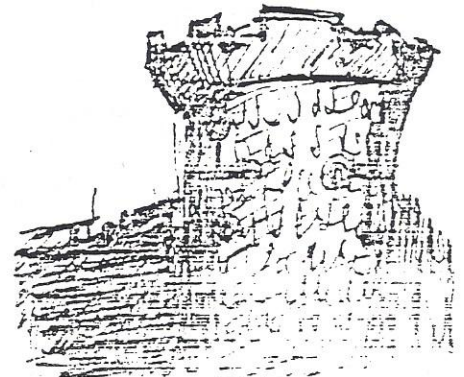
Royalty present at Court were: TM Trelon & Daphne, TH Beryld & Allocen, HH Elric of the Sun, Their Excellencies Stefan & Beau of al-Barran and Their Excellencies Jochan & Andreah of the Outlands.

There were many awards given at court, which I will list separately. At this point, I wish to say a very special "Thank-You" to Viscount Beryld. As one of his last acts as Prince, he presented Lord Tod & I with Scrolls of Appreciation for "having greatly lightened the burden of the Coronet".

The actual Investature was a majestic & touching ceremony I will long remember.

Feasting continued after Court. Near the end of the feast, Father Winter Appeared and bestowed mistletoe on one and all. This was followed by bardic competitions for Bard of the Outlands, bardic presentations not entered in the competition, carolling, and much merrymaking. Even though it got well onto midnight, everyone seemed reluctant to leave the gathering, as there was such good fellowship. However, all good things must also end, and the hall was at last emptied of the approximately 250-300 revellers.

Sunday afternoon there was another tournament, which I was forced to miss due to have to catch my "Flying Dragon" back to Windkeep. I arrived home, tired but very glad I had made the trip and got to meet and renew friendships with so very many wonderful people.





## INVESTATURE COURT AWARDS

The following people received awards at the courts held at Outlands Investature on 14 December, XX/1935.

Companion of the Stag's Tines:  
Giovanni di Siena

Order of the Russian Thistle:  
Coriander Wrightswife

Companion of the Scorpion of al-Barran:  
Saerlaith as an Fhaisach  
Wybke von Drachenfeldt

Companion of the Scorpion's Sting:  
Eldr Fredricksson

Award of Arms:  
Lewis ap Allyn  
Tara of Asgard  
Arian lerch llywellyn  
Dennis the Wright  
Loren the Lecher  
Baldor  
Coriander Wrightswife  
Dain the Mongol  
Gregory von Munchausen

Companion of the Walker of the Way:  
Ishiyana Namban Taiashi

Bearer of the Princesses' Cypher:  
Leah Kasmira of Natterhelm  
Regina Masguer

Bearer of the Prince's Gauntlet:  
Jochan von Balduinseck

Lt. of the Guard:  
Godfried of Frisia

Bard of the Outlands:  
Starfire of the Isles (On loan from Sir Eldr)

Save of Scorpion:  
Geyla  
Rebekkah of Lancaster

Prince's Scroll of Appreciation:  
Shylarra de Jilbear  
Cathyn Bluesword  
Lairien  
Tod Coyle  
Ceallach Tremen

Viscounty & Patent of Arms:  
Beryld Blackwolf de Jilbear  
Allocen Adorian

Back Scrolls:  
Companion of the Light of Ateveldt:  
Andreah Shad-a-Kah  
Mistress of the Pelican:  
Keridwen of Montrose

Companion of the Queen's Grace:  
Theo of Mightrinwood  
Companion of the Stag's Tines:  
Rahlina Iel Norte

Order of the Sable Thistle (Prom.):  
(Name missing from my list)

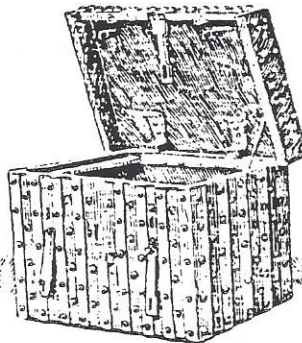
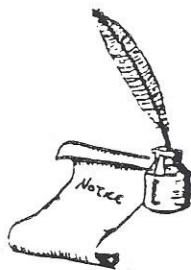
Award of Arms (Prom.):  
Eldr Fredricksson

Award of Arms:  
Welhelm of the Bogs  
Irmisul the Improbable (Fm. AS X!)  
(Who was heard to say "Good things  
come to those who wait, and wait,  
and wait.....")

\*\*\*\*\*

Chronicler's Note:

I am not sure of the spelling on  
some of these names & awards, so  
if I have made mistakes, please  
let me know & I will put them in  
correctly in next month's Wind  
Swept. Thank you very Much.



DOMESDAY CHEST.





CAERTHAN TWELFTH NIGHT

The Shire of WINDKEEP has been sent an invitation to join with the Barony of Caerthe in celebrating Twelfth Night. This will be held on 4 January, XX/86, at the Arapahoe County Fairgrounds, Belleview & Windemere, Littleton, CO.

There will be Tournaments for the fighters and Courts, feasting, revellry and dancing for all.

Merriment begins at 9am and continues on into the night. Site is officially dry.

Site fees are: BEFORE 15 Dec. Members: \$8. (Includes Feast)  
 Non-Members: \$10.  
 Members: \$4. (Desert Only)  
 Non-Members: \$5.  
 AFTER 15 Dec. - - - - - Members: \$10  
 Non-Members: \$12.  
 At the Door - - - - - Everyone: \$15.

Phone Reservations accepted as long as the money is received by 25 Dec.

Autocrats and reservations: Master Odan & Lady Alianna  
 c/o Myron Peak & Georgia Acker  
 209 South Lincoln  
 Denver, CO 80209  
 (303) 693-0693

Crash Space: Lord Mark Sylvirthorne & Lady Korin O'Brien  
 (303) 861-1367



DRAGONSSPINE BAWDY BARDIC

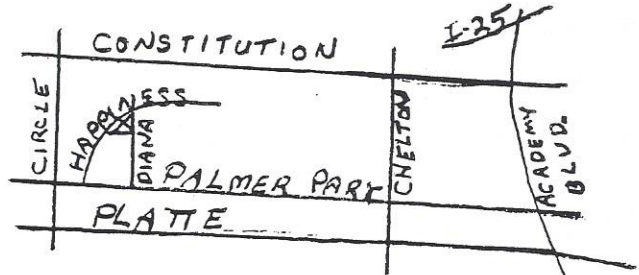
The Barony of Dragonsspine is holding a Bardic Revel on 11 January, XX/86, at 1536 Diana Lane, Colorado, Springs, CO.

Site Fee is at least one song, story or poem, not necessarily bawdy. Apple Cider, Bread, and Homemade Soup will be provided. Guests are free to bring anything else they wish to eat or drink. Everyone is also asked to bring their own drinking vellels.

Prizes will be awarded in the following categories: Bawdiest - Plum Wine  
 Prettiest - Oil Lamp  
 Most Improbable - Something Silly

Crash Space is available.

Questions? Contact the Autocrats: Lady Miriel d'Estoile and Lady Jeanine Monét  
 (303) 550-9459.



Colo. Spgs.





ARTEMESIAN ARTS & SCIENCES COLLEGE

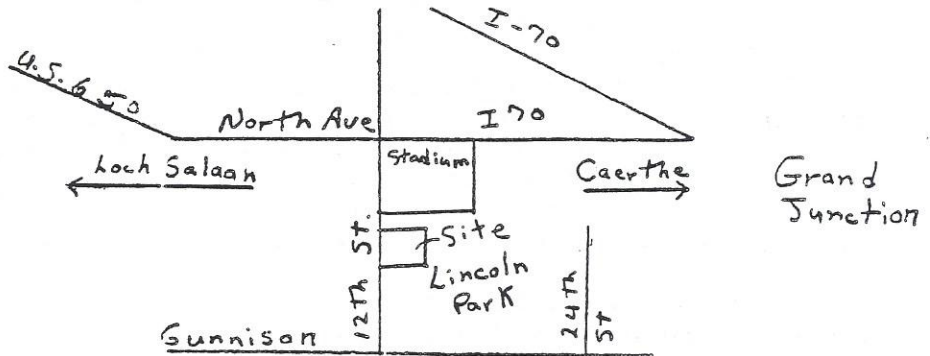
Greetings!

We the shire of Draca Mor will host the regional Arts & Sciences College. It will take place the weekend of the 25 & 26th in January, 1986. It will include a feast autocrated by m'lady Courtney Almy.

The classes that are scheduled thus far are as follows: Mistress Katlin Sarasova will instruct a class on natural dyes; Celtic knotwork will be instructed by Caolaihe MacCeird; and Courtney Almy will teach a class on braids and hairpieces. As we still need instructors for classes all help will be greatly appreciated. You need not be from the region to participate!

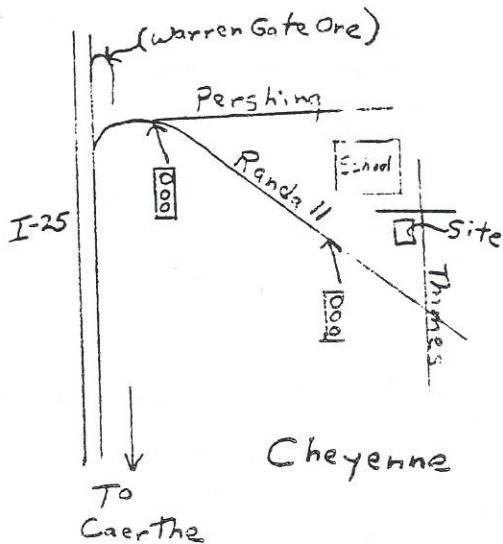
There will be a full class schedule and a feast menu to follow. If you would like more information contact:

Zabrina Zibelin  
 c/o Lori Larson  
 923 N. 12th #2  
 Grand Junction, CO  
 81501  
 (303) 241-3617



WINDKEEP

Winddragon Revelry will be held from 4 pm to 10 pm 25 January, XX/86 at 2820 Thomes, Cheyenne, Apt. 1. It is Pot Luck, so bring a dish, or pay site fee of \$2. without a dish. Bring your feast gear and your own drinks. We will have dancing and a quest. Crash space is available, if arranged in advance. For more information contact the Autocrat: Thaila Loryn Naomi of Windiragon (307) 535-3882 Evenings.



# Twelfth Night Plus Six at Windkeep

HEAR YE! HEAR YE!

The Shire of WINDKEEP, in high hopes of finally getting to 'Keep' a name for themselves, does hereby invite one and all to a Twelfth Night Celebration.

Due to the sheer exhaustion of the Yuletide Season, we are holding this Celebration on 12 January, A.S. XX. Thinking ahead to short days, long nights, and distances gentle folk have to travel, (to say nothing of the fickleness of the weather!), we are starting at 1 pm and "Softly and silently stealing away" around 8-8:30 pm.

The Table Guild will be providing hot food for the evening meal, and most graciously ask that those joining our Celebration please bring easily transported comestables such as breads, cheeses, fruit, etc. Also, would you kindly bring your own drinks, although we will also have some on hand. This is certainly a wet site!

We hope to entertain our gracious guests with a Quest that has been provided by several of our talented Shire-folk. You will also enjoy a Persona Corner, and all types of Bardic Entertainment and Dancing both by our people and by those sharing this day with us.

The Merchant's Guild is most generously providing prizes for the Bardic Entertainment and the Quest, as well as helping ease the burdon on the purses of the cooks!

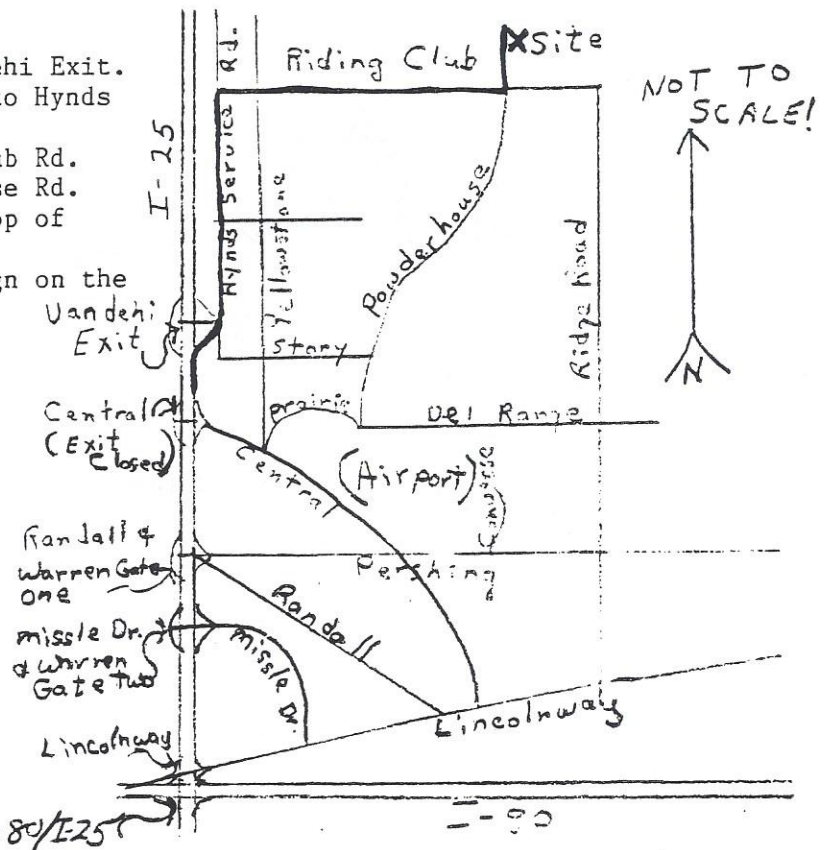
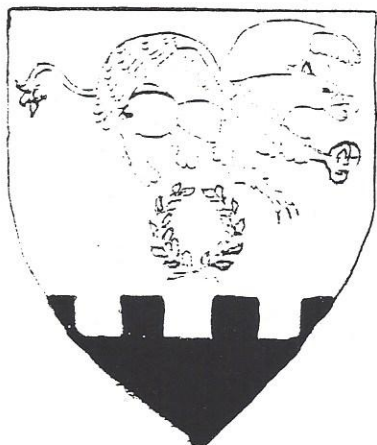
We ask each one attending to please bring a single-serving size comestable for a gift-exchange. We will draw lots to determine who gets which "edible". No one goes away without something tasty!

The site is 10205 Powderhouse Rd., Cheyenne. Please See Cartography. Site Fee is \$2.00 Per Adult. Children, as always, Free.

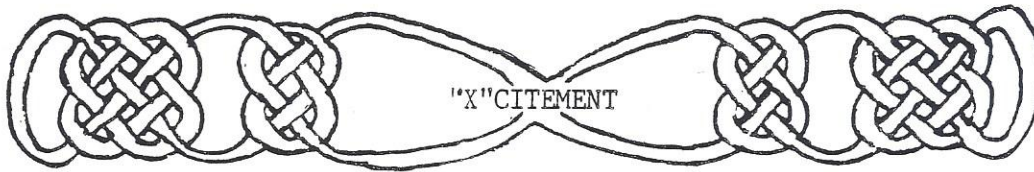
There is plenty of crash space available for any who wish it.

Autocrats are: m'lord Mlodn The Merchant Zupan and his lady, Renate. (Farspeaker) 307-637-8168. Do please call them by 7 January and let them know you are coming so our cook can prepare an adequate repast to satisfy the most voracious of appetites. Of course, if you don't know until the last minute that you can join us, please come, anyway! We will prepare extra so no one will be hungry!

**DIRECTIONS:** I-25 North to Vandehi Exit.  
 Immediate Left on to Hynds Service Rd.  
 North to Riding Club Rd.  
 Right to Powderhouse Rd.  
 Left to Site (at top of hill).  
 There will be a sign on the Vandehi Exit Gate!



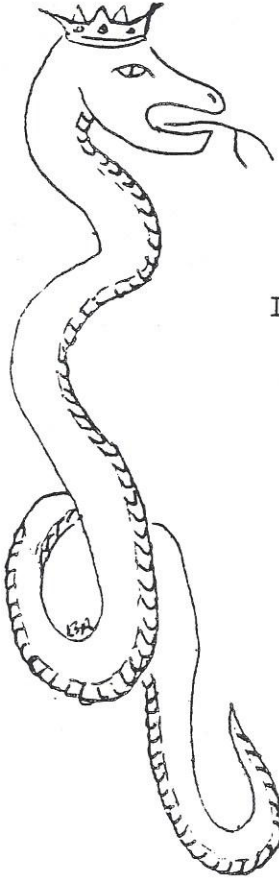




"X"CITEMENT

THE LION

The Lion is wonderfully strong  
And full of wicked skill;  
And whether he play  
Or seize his prey,  
He cannot choose but kill



THE BEAR

Beware of the Bear lest by chance he bite:  
He rarely stops play but to bite or to smite.



THE DRAGON

I shall swallow you humans regardless, the lot -  
Yet some I might spare: others, not.

Contributed by: Lady Elaine of Valynwoode

THE S.C.A BIRTHDAY

Twenty years or so ago  
The S.C.A was born  
With courtesy and sciences  
And maidens, all forlorn!  
With many Knights and Ladies,  
And sciences, galore,  
Courtesy and Chivalry,  
As in the days of yore.  
We celebrate this birthday  
And we would seek a boon  
That Knights in shining armour  
May rescue Maids who swoon,  
And twenty years or so from now  
Within our S.C.A  
That many Knights and Ladies  
Will celebrate this day.



Written by: Mable A. Lybyer at the request of Lady Ceallach Tremem  
3 December, XX/85

HOLY DAYS

DECEMBER

- 1 St. Simon of Cyrene
- 4 St. Barbara - protector of miners (3rd C.)  
- beginning of Christmas season
- 6 St. Nickolas - patron of Russia, peasants,  
and children
- 24 Christmas Eve
- 25 Christmas Day (also St. Anastasia day -  
the Christmas Saint)
- 26 St. Stephen's Day - patron of stone  
cutters

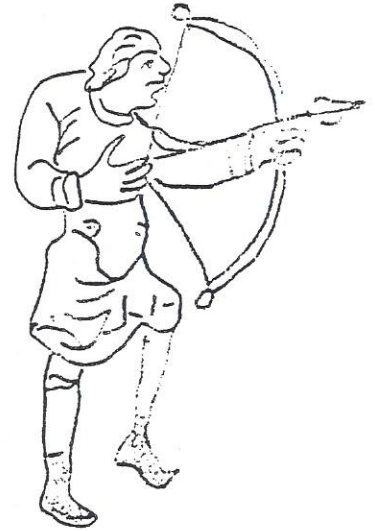
JANUARY

- 1 Circumcision of Christ Child -  
at 8 days old
- 5 Twelfth Day Eve - feast & Revel
- 7 St. Distaff's Day
- 10 St. Sebastian's Day - patron  
of archers
- 21 Eve of St. Agnes
- 25 St. Paul's Day
- 26 St. Polycary died 167 AD

Contributed by: Lady Elaine of Valynwoode

VERSES by Renate

T Y C means fun,  
Fighters, Archers, and Raipers,  
Merchants with items  
Vendors yelling "Steak on a Stake"  
All this in the Heathrow field.



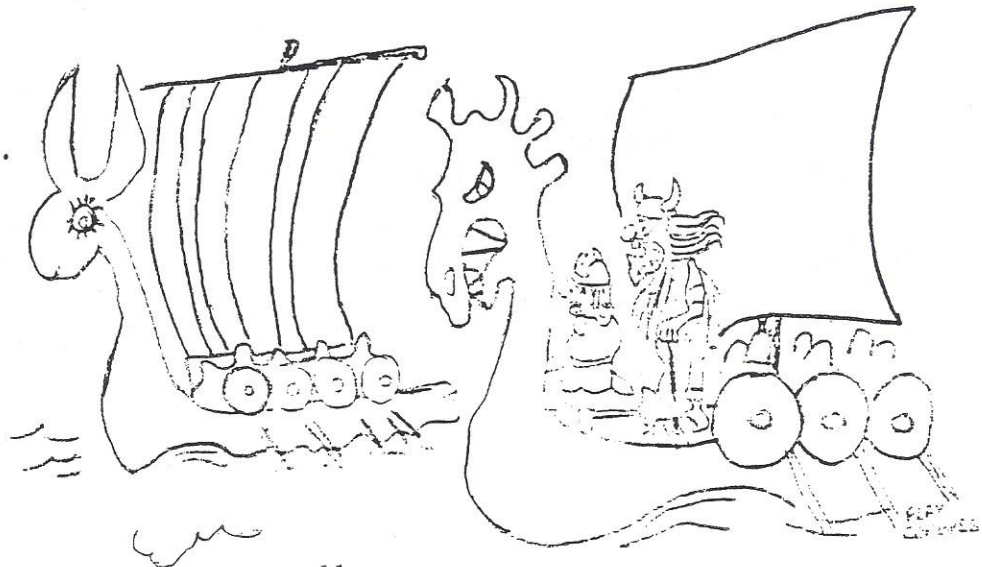
Celebration  
Twenty Years  
Renaissance Fairegrounds  
Stargate Barony  
Celebration

Knights  
Armor, Shields  
Challenging, fighting, winning  
Helms, swords  
Knights



Spring Celebration  
Twenty years for the S C A  
Welcome one and all !

" I don't care if  
rabbits ARE sexy...  
..it gives our  
Flood and Thunder  
Viking image a  
black eye."





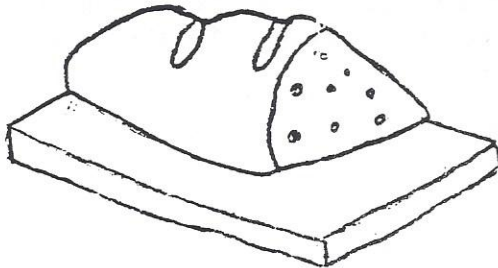
## BREADMAKING

Breadmaking in the middle ages was a far cry from today's tasteless doughy white bread. Most bread made then was a sourdough bread, usually made from wheat, though other grains were added, such as parched barley flour, rye, even cooke mashed fava beans.

Prior to wheat becoming the dominant grain in Europe, barley, rye, and oats were the dominant grains. Because of their low gluten content, they were made into unleavened breads, like the Scottish oatcake. After wheat became popular, the English grew it in conjunction with rye, harvested, threshed, and ground them together, and made a delicious bread called "maslin bread".

To make a batch of bread, first take equal parts of whole wheat flour (preferably stone ground) and warm water, about 1 cup each. (To be really authentic, use pond water, which to most of us is aesthetically unpleasing). Let this sit in an open crock (deep) or glass container for several days, until very bubbly, and with a yeasty odor. Keep in a warm place. The night before making the bread, mix starter with 3 cups warm water, 2 tablespoons honey and 1 cup flour. Next morning pour starter into bowl, and mix in enough flour to make a thick batter. Let rise in a warm place until bubbly. Then add 1 teaspoon salt (optional),  $\frac{1}{2}$  cup vegetable oil, and mix in enough flour to make a kneadable dough. (Plan on using 8 to 10 cups of flour total in this, but don't go by measurements - each batch of bread is different, and you must judge by appearance and feel) Knead dough for 10 minutes (will probably be a bit sticky), then shape into loaves (2), and put into greased loaf pans. Let rise in a warm place until near the top of the pan (may take several hours). In summer I usually put pans outdoors in the sunlight, covered with a clean towel. When ready, place in pre-heated 325° oven, and bake until loaves sound hollow when tapped. This will make a digestible, fine-grained SOUR bread.

By: Elizabeth MacKay



## GARDENING

Gardening for many centuries for most people was a purely practical affair, with the herb garden being of prime importance. It was the "medicine chest" of its day, usually located close to the kitchen, convenient for the cook for seasoning dinner, or for mixing up various remedies.

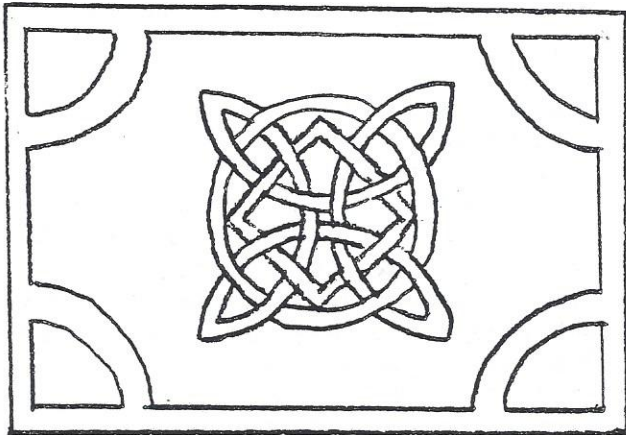
Some of the herbs grown for both culinary and medicinal use are common today. Familiar to all of us is sage, considered a cureall for almost everything, from baldness to indigestion! "Why should a man die when sage flourishes in his garden?" goes an old Latin proverb.

Peppermint and spearmint were commonly found, and well-known for their efficacy in easing flatulence, a tradition carried on today by restaurants offering after-dinner mints. Salad burnet was used by the Tudors for gout and rheumatism. Chamomile was used as a soothing soporific tea, a hair rinse, and even as a lawn.

Some vegetables were regarded in a medicinal sense, the carrot being foremost. Carrots were given in dosages to people suffering from eye ailments, actually medicinally a very sound practice.

Herb gardens were also very ornamental, as demonstrated in their Renaissance-era "Knot" garden. Herbs for this style of garden were chosen for their colourful foliage, as well as their medicinal or culinary purposes.

By; Elizabeth MacKay



## THE DRYING AND STORING OF HERBS

### DRYING HERBS

When drying herbs in the home here are a few things to be remembered First of all be careful to use only the best possible herbs and greens and when drying them handle them as little as possible. As unneccary handling can cause bruising and loss of color. (Thus loss in strenght)

Be careful to dry the plant(s) in shade never in sunlight. And avoid extreme temptures. Tempatures should not exceed the following:

Leaves and plants- 95°F

Bulbs-100°F

Roots-115°F

Ways to dry herbs include spreading them out in a thin layer on a clean surface or apiece of paper in the shade.

Or for bundles hang them upside down by a rafter in a dark closet, or other dark place.

Note; To prevent mold from forming on newly dried herbs, expose them to sunlight for a short period of time. (sunlight kills mold).

### STORING HERBS

The two greatest enemies of herbs are light and oxygen. Use airtight jars made of dark glass or airtight tins. Keep all herbs in a cool dark place that is also dry.

Do not keep herbs that have been dried for more then one year. After this time they lose their strenght and more are needed to get the desired results.

If by chance the dried herbs are exposed to moisture, they maybe dried again at room temperature.



## THE PHYSIC GARDEN

Since early times plants have provided the medicinal remedies of the human race. The whole structure of modern pharmacopeia is based on man's historical knowledge of flowers, herbs, plants and trees. Nature has provided a complete storehouse of herbal remedies to cure all ills of mankind, and today's medicines are only the chemical-pharmaceutical translations of the healing properties of herbs. Looking back through history, we find there is not a single plant that has not been used at one time or another by men as a foodstuff, a healing, life-giving medicine, or a poison. In the Dark Ages many of the herbal manuscripts of early days were destroyed by the martial rulers and their mercenaries who were devoid of any interest in science and culture. The knowledge of herbs was kept alive by the monks in the seclusion and comparative security of their monasteries. They studied, translated and copied by hand the few remaining herbals for posterity. In the later Middle Ages the cultivation of herbs was taken up by monks and nuns who were not only healers of the soul, but also physicians and nurses to their flocks. The herb garden, called "Physick Garden", became part of every cloister and monastery and later on of every castle, court, hospital, and medical college. Distilling plants, the nuclei of our modern pharmaceutical industry, were set up in monasteries and hospitals to convert the herb crop into medical potions and liquors. The rise of the chemical-pharmaceutical industry made the bulk of these herbal concoctions obsolete, but we still use many as spices and condiments for our food, in teas and monastery herb liquors such as Benedictine. Herbs became so interwoven with man's daily life that they developed into symbols for his expressions and sentiments, passions and affections, fears and superstitions. In ancient mythology, folklore and legend the mind assigned to plants their medicinal and nutritive properties. The religious, legendary, and symbolic meaning attached to plants has been handed down to us through the ages. Today we still use many plants with their age-old symbolism on holidays and special occasions.

*Renate*



When the Dark Ages spread over Europe spices were limited to only the wealthy for centuries. Later in the early 12th century, the Crusades brought about a new two-way trade route. Ships brought foods, wool, clothing and metals to the soldiers and returned to Italy with spices and exotic fruit. Ports such as Venice and Genoa become rich as never before and here was the wealth in which the Italian Renaissance was founded.

One way in which wealth was shown was in the colorful presentation of food. Every type of meat was served with saffron paste, ginger, mustard or vinegar. Meats and fish that had been dried or salted were especially enlivened by spices. Ginger, cloves, and other spices were infused to make the mulled wine of the period. As the availability of these goods increased they slowly made their way down to the middle class. Dates, figs, raisins, almonds, lemons, oranges, sugar, and rice as well as spices were now abundant.

By the 13th century London was paying twice as much as in France for pepper, therefore English merchants traveled to the continent trade faires to buy their spices and exotic fruit. Peppercorns were so precious that they were counted singly and even accepted as currency in payment of rent, taxes, tolls, and dowrys. A pound of saffron cost a horse, a pound of ginger cost a sheep, and two pounds of mace cost a cow. A 1393 German price table lists a pound of nutmeg as worth 7 fat oxen.

In the 1180's a pepper's guild of wholesale merchants was set up in London. This was later incorporated into a spicer's guild which succeeded in 1429 into the present Grocer's Company, which was granted a charter by Henry VI to sell goods in quantity, the term grocer deriving from the French phrase "Vendre en gros" literally meaning "selling in bulk". The company managed the trades in spices, drugs, and dyes. Their spices and medicinal products were garbled and cleansed to ensure a select acceptable standard of quality.

Spices were relatively more expensive then than they are today, but they were believed to preserve meats. Spices were used to camouflage bad flavors and odors, and it was believed that their consumption would prevent illness. As other new spices became available in the succeeding centuries the demand for the traditional spices gradually decreased.

Information from: The Encyclopedia of Spices by Pamela Westland  
The Book of Spices by Frederic Rosengarten Jr.





*Physic Garden, from Petrarca's TROSTSPIEGEL, Augsburg, 1531.*

As Promised in last month's issue:  
Part II of:

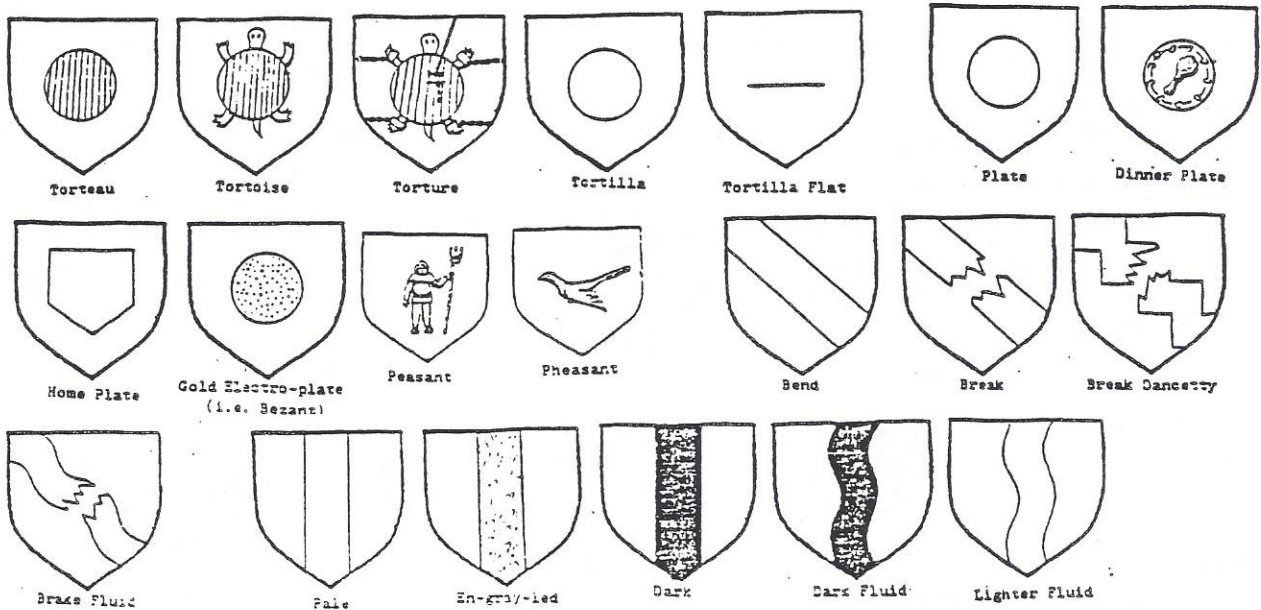
AN ILLUSTRATED GUIDE TO HERALDIC EXTRAORDINARIES

(continued)

Seilide of the Desert Lands

Gwynaeth Nathair

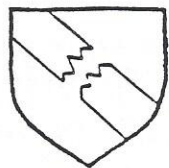
Barony of Al-barran



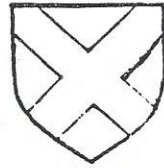




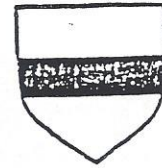
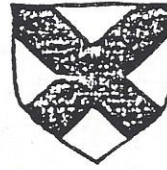
Break Dark



Brake Light



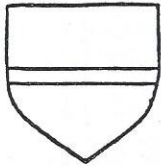
Salt there Pepper there



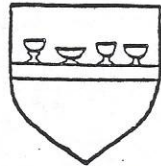
Fess



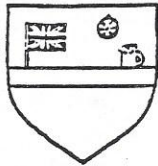
In-fess-ted



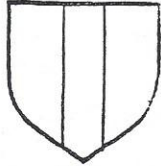
Bar



Bar Engrailed



Pub



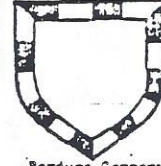
Pale



Pail



Pay-all



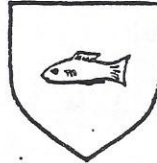
Bordure Comparty



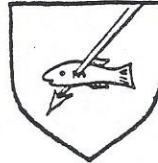
Threes Comparty



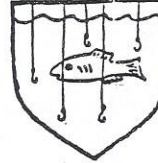
Mullet



Mullet



Mullet Pierced



Default Mullet (5 points)



Mule-ette



Chevron

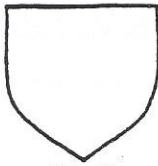


Texaco

Note!  
more  
"X"es



Exxon



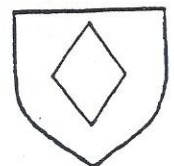
Exx-off



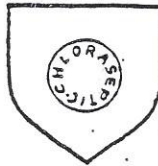
Counter Ermine



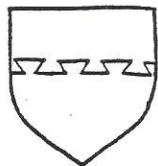
Countess Ermine



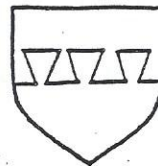
Lozenge



Lozenge



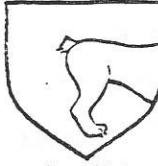
Dove-tailed



Tall-tailed



Cur-tailed



De-tailed



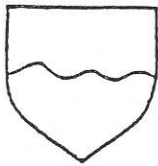
Re-tailed



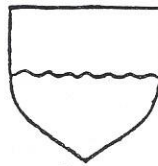
Chicken



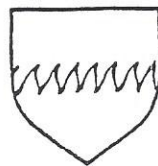
Chicken Couped



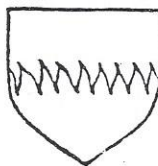
Wavy



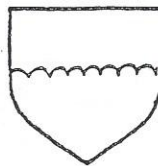
Sipply, Believes it or Not



Rayonny



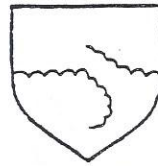
Nylonny



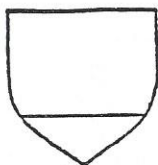
Invected



Investive



Defective



Base



Tenner



Aldo (Colson)



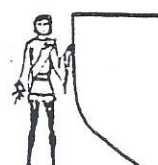
Soprano



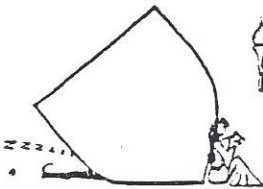
Pears of the Realm



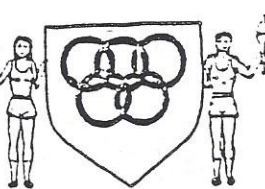
Lodged



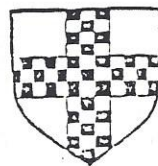
Heraldic Supporters Prepper



Supporters Impropper



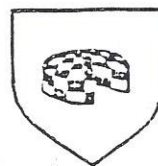
Athletic Supporters



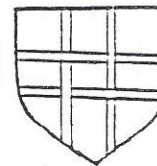
Cross-Checky



Hat-Checky



Chucky Cheese



Cross Preppy



Cross Preppy

We propose that since the purpose of supporters is to prop up the escutcheon, all supporters should therefore be defined as 'propper'.



## DOCUMENTATION

If there is any universal driving force in the SCA it is documentation. Is my name, costume, hat, cloak, dish, weapon, dance, etc. period? Documentation answers all the questions. Even the unique SCA supplements and deviations require documentation referencing these exceptions.

At this time, we will address only Arts and Sciences Competition Documentation. Documentation directly counts for one fifth of the points and if correctly done, aids in determining points in the other four areas; authenticity, workmanship, complexity, and aesthetic appeal.

It is very disappointing to spend many hours making some project and after finishing it learn that it would be disqualified or severely docked points because it was not period. That is, it uses materials, methods, and motifs of finished products that were not available or used during the Middle ages. With this knowledge, before starting the project it could have been completed acceptably. Therefore, documentation is necessary. Documentation is the detailed listing of your research into an item. With the practical items you might want to deviate from period for your intended use. Indicating your realization of the deviation in the documentation seems to minimize the distraction from authenticity and clarifies aesthetic appeal.

The documentation for an item should be a separate page or pages identifying the item, and stating country, region or nationality of design and the time period. It should include as applicable, method of manufacture, materials used, motif meanings, etc. Books where the information is found should be referenced. If applicable, Xerox copies of the information or pictures should be included especially if it is unique or of limited availability. Pictures and sketches help since they show comparisons for determining authenticity, complexity, and workmanship.

The documentation page or pages should be made in such a way that it identifies the maker or owner and one does not depend so on competition rules.

MLODN the Merchant Zupan

THE CONTINUING SAGA OF THE SHIRE'S HISTORY  
WINDHAVEN, PART I

By: Thalia Loryn Naomi of Winddragon

The first summer of Windhaven shire was exceedingly active. Plans were laid for the first tourney. The Winddragon Invitational, and a hand-crafted sword was procured by the original member of the shire for prize.

Nikolai the Wanderer (Jerry Lawson) returned to F.E. Warren after a three year absence and joined with the shire. A merchant of uncommon skill, he was exceedingly popular with the ladies. His wares of jewelry, silver and silks were seen at many events over the next two years. Alas, Nikolai did eventually wander on - to Meridies.

Lady Caitlin ni Locklainn proven the driving force behind the Invitational. Having lived in Cheyenne for four months before the shire formed she created her own. Living but two blocks from the refinery (a foul place indeed) she dubbed her memberless shire "Dragon's Breath". Lady Caitlin was eventually located in a library and joined with Windhaven. She served as feast autocrat for the Invitational and gave many a helping hand in other areas. Transferred in November 1982 to Denver, she may still reside in the Barony of Caerthe.

One of the first out of town events Windhaven participated in was a shire naming revel in Fort Collins. The seneschal's house was located next to the Larimer County Mental Health Clinic, a location we regarded as extremely fortunate. It also provided a large parking lot for our fire chariots. A number of stories sprang from this revel, which was a success. However, the shire did not get named and rapidly disappeared. The Shire of Uns Haven eventually formed in its place.

Now at this time Windhaven had a shortage of marriageable women and the Shire of Otherhill, it was rumored, had a surfeit. So plans were pushed forward to raid this Shire as Caerthe was too large (we had only one fighter) and no one could find the Incipient Shire of Lost Downs. (Rawlins). Lost Downs, to our knowledge, never was found. Otherhill proved agreeable and even suggested the "raid" take place in Rawlins, almost halfway between our two cities. A fun time was had by all, but Otherhill kept their ladies. (and Windhaven kept their fighter). A word of warning to other raiders, Otherhill has several belted fighters and many gorgeous ladies. Lord Galen claims he was not tempted.....

In the next installment, the Colorado Renaissance Festival, the Winddragon Invitational and the second name choosing!





### T Y C RAMBLINGS

I am still a "newcomer" to the S.C.A., having first heard of the Society in August, 1933, and joining in September, XVIII, A.S.

We have, since joining, always been a part of the Shire in Cheyenne. "The Shire of Many Names" due to conflict with other groups in the Known World. Despite the frustration of having 3 names in 6 months, we DO have a lot of fun!

As my Lord is currently a thrall to the great Wizard, USAF, we have not been able to attend many events that call for travelling long distances. We have managed one trip to the Barony of Dragonsspine, and one out of Kingdom event to the Riding of Shallow Waters, Kingdom of Calontir. I even managed to get to the Shire of Draca Mor and the Barony of al-Barran on weekends the Wizard required my Lord's services.

We have made as many trips as possible to the Barony of Caerthe, the Shire of Uns Haven and the Shire of Caer Galen.

Knowing this, you can imagine how excited we are at the prospect of attending the TYC. To be privileged to meet people from every Kingdom in the Known World is the aspect of the Gathering I anticipate the most. Of course, I will take in as many of the fighting lists, symposiums, displays and courts as I possibly can, also, but just visiting is going to be the most fun!

Imagine with me how many photos I will bring back to share with those who are unable to attend!!

The largest court I have so far attended had 1 King, 1 Queen, 1 Crown Prince and Princess, 2 Princes and Princesses and 1 Baron and Baroness. I cannot imagine a court with all the Kings and Queens of the Known World, but I am anxious to experience it!

I titled this article correctly, but this is enough "rambling"!

By: Lady Ceallach Llyn Tremen

---

### I. C. MOOR

Woe is thee, woe is thee! Thus announces the (alleged demise of the late (?) J.Q. Fletch. This unfortunate individual was caught in the raw by a few close associates of I.C. Moor.

Jeanette le Bergere and several of her mercenaries were travelling to Saxon's Keep via the Dragon's Breath Inn. Stopping at the Dragon's Breath for the evening, Jeanette recognized a man sitting in a far corner of the Pub, despite his newly acquired disguise.

Deciding to wait until an opportune time, Jeanette and her companions made arrangements for food and lodging.

Two unfortunate and well drunk men approached the Voluptuous Phillippa. Much to their surprise the mercenary was not receptive to their advances. The ensuing rattle of steel on steel further discouraged them. As they fled into the dark, Jeanette and Phillippa had a good laugh.

While enjoying their repast, the mercenaries drew lots to see who would spend the evening with J.Q. Fletch. The short lot was drawn by Tabari.

After the meal she approached J.Q. and asked if he needed someone to warm his bed. As Jeanette and the remainder of her band reveled into the night, Tabari kept J.Q. distracted.

Late into the evening, Tabari and J.Q. departed for his bed. Jeanette allowed them a minimum amount of togetherness before entering the room. J.Q. was quite surprised by five voluptuous and quite naked women, armed to the teeth. As his reflexes were not quite as fast as they should have been, he found himself pinned to the floor.

He began to babble and froth at the mouth.

Jeanette approached J.Q. and announced the reason for their intrusion: "You are lower than a seaf, m'lord. You sold your mentor for a mere pittance. Therefore you are well deserving of what you are about to receive."

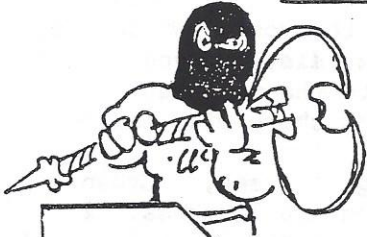
The next morning Jeanette paid the Inn Keeper to clean up the mess and she and her mercenaries departed.

This demise (maybe) has been brought to you courtesy of:

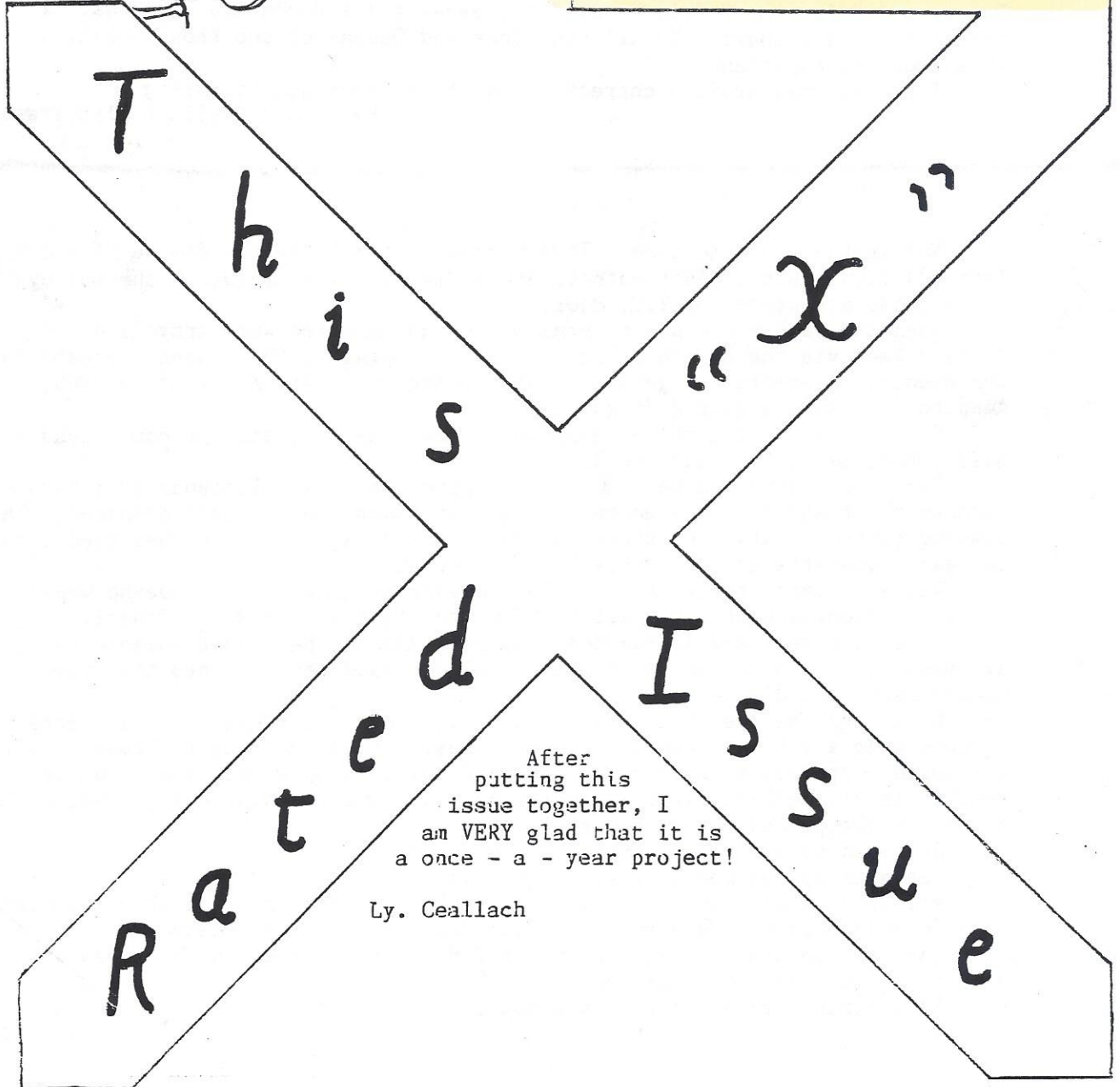
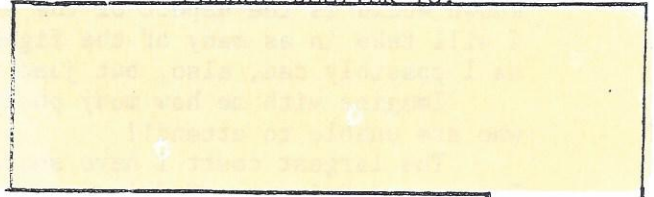
I. C. MOOR

WIND SWEEP  
Nancy Brown  
QTRS 378 B  
FE Warren AFB  
WY 82001-7019

SUBSCRIBE!!



PLEASE DELIVER TO:



After  
putting this  
issue together, I  
am VERY glad that it is  
a once - a - year project!

Ly. Ceallach