

July XXII

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WIND SWEPT

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 Interim Chronicler at 10205 Powderhouse Road, Cheyenne, Wyoming 82009. Subscription rates are \$8.00 per year (12 issues). It is NOT a publication of the Society for Creative Anachronism, INC. and does not delineate Society policy.

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

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

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

This is from The Pikestaff (East Kingdom Newsletter) August XX
It was given to the Windswept for an article by our Healer LADY
ELAINE OF VALYNWOODE

THE FORGOTTEN WARRIORS

I have fought at Pennsic for several years now, and year after year we hear stories of war--heroes, fighters retelling the day's battle by campfire.

But there are fighters we forget, without whom the battle had never been won--the Chirurgeons.

They are the true heroes of Pennsic. They sweat as much as the fighters, they work so that we may fight. And so we take them for granted that they become simply a part of the backdrop of War. No one even remembers their names or faces, though they can describe the device of every fighter with whom they exchanged blows.

I would like to thank the Chirurgeons who made my Pennsics possible (and safe)--YOU! The Chirurgeon who appeared from out of nowhere at my call, who helped me carry my friend from the field, THANK YOU! And the ladies who offered me water and a cooling sponge on my face--I was too tired to say how good that felt. Thank you for being there, thank you for caring. And the chirurgeon who pulled me out from the battle that time (oh, how I hated you at the moment!) when it wasn't until later that I realized how close to dehydration I was.

All these people and the others I saw, working furiously so that I could have a good time! THAT is generosity. THAT is chivalry.

To all Chirurgeons--we may not always be patient or understanding in our overzealous state of war, and we may forget to thank you at the time, but every fighter must realize--we are in your debt. THANK YOU!

--A WARRIOR



FORMS OF ADDRESS

King- Your Majesty or My Leige (if you have sworn fealty)

Queen- Your Majesty

Count, Countess- Your Excellency

Duke, Duchess- Your Grace

Prince, Princess- Your Highness

Crown Prince, Crown Princess- Your Royal Highness

Tanist, Tanista- Your Excellency

Viscount, Viscountess- Your Excellency

Baron, Baroness - Your Excellency

ALL OF THE ABOVE PEOPLE ARE CONSIDERED ROYALTY

Knight-Sir (name)

Master-at-Arms-Master (name)

Order of the Laural-Master, Mistress (name)

Order of the Pelican-Master, Mistress (name)

THE FOUR GROUPS ABOVE ARE CONSIDERED PEERAGE

Armigers-Lord, Lady (name)

Officers-My lord, my lady (name of office)

Everyone else, or if you don't know m'lady or m'lord and name if known,

Anyone wearing a metal headband carries a "presence" of 10' around them. Within this area, a bow, courtsey, or nod of the head and a brief vocal acknowledgement of the person is expected. Example: "Good day your Excellency". If you wish to speak to the person you might say, "Your pardon, Your Excellency, do you have a moment you can spare me?" Each of these is accompanied by a bow or courtsey. 3

CORIANDER

Coriander is an annual herb of the parsley family. The plant grows to a height of 2 to 3 feet. It has a much-branched stem and finely divided leaves. The flowers are white or pinkish. The seed ranges in color from white to yellowish brown. The seeds are almost round having alternating straight and curving ridges and varying in size from 1/8 to 3/16 of an inch in diameter.

Coriander symbolizes hidden worth. One of the most fascinating bits of name lore is that the word coriander derives from the Greek word "koris" which means bedbug. This describes the smell of its seeds before they mature and ripen and acquire an attractive fragrance. Coriander has a pleasing aromatic taste, suggesting to some, a combination of lemon peel and sage, and to others a mixture of caraway and cumin.

Coriander grew in the Hanging Gardens of Babylon; it was among the medicinal plants mentioned in the Medical Papyrus of Thebes- written in 1552 B.C. -and was placed in Egyptian tombs some 3000 years ago. It is mentioned in the Old Testament. Mentions of coriander are frequent in Near Eastern tales like the "Arabian Nights" as an aphrodisiac.

In A.D. 812 Charlemagne ordered that the spice be grown on the imperial farms in central Europe. It was introduced to England prior to the Norman Conquest by the Romans. It was used in love potions during the Middle Ages.

In early 17th-century Paris coriander was an ingredient of "eau de Carnes", a liqueur that acquired fame for a dual role: It was consumed internally and was also recommended for external use as a fragrant toilet water.

The Chinese thought coriander had power to confer immortality and they still believe it is invested with the ability to treat stomachs, nausea, and measles. Herbalists use it to relieve colic and indigestion, and apply it externally to soothe painful joints.

Long ago people used the leaves in soups and for flavoring puddings and wines. A favorite drink was made by steeping plants in wine. Afterwards the seeds were dried. The seeds were then sprinkled in bread, cakes and pastries and eaten in meats and on fish. Ground up with grain, it was used to make a more palatable flour.

The seeds contain from 1/2 to 1 percent of a pale yellow essential oil that may be isolated from the dried fully ripe fruits by steam distillation. This is one of the older commercial essential oils, having been mentioned in Berlin price lists of 1574.

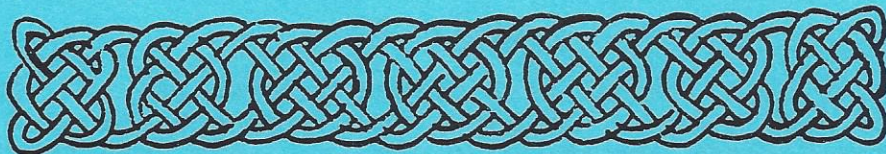
Hippocrates recommended its virtue as a stimulant. The Chinese claimed that the seeds conferred immortality. As civilization spread so did it. The Egyptians and Hebrews used it as a purging agent for flatulence, constipation and a preventative against intermittent and puerperal fever, apoplexy and palsy. Meat was preserved in coriander vinegar.

The seed and leaves are the main parts used. It is used as one of the ingredients in curry powder. The seeds are often combined with other spices to produce flavors in much Middle-Eastern and South-East Asian food. It is used in sausages of various kinds, meats and liquors. The seeds are used in pickling, rice dishes, and curries. The ground is used in meat stews, pork, stuffings, pea soup, lentil dishes, fish dishes, cakes, cookies, milk puddings and Eastern sweets. The leaves and seeds or fresh coriander are by no means logically interchangeable, since their flavors differ greatly.

Normally recipes call for the use of 1/4 teaspoon ground coriander for 4 servings.

Lady Renate Koven





The information about coriander was taken from the following books:
The Book of Spices Frederic Rosengarten, Jr.
Cookbook of Foods from Bible Days Jean and Frank McKibbin
Cooking with the Healthful Herbs Jean Rogers
Cooking With Herbs and Spices Craig Claiborne
Cooking with Herbs and Spices Wendy James and Clare Pumfrey
Folklore and Odysseys of Food and Medicinal Plants Ernst and Johanna Lehner

Herb and Spice Cookery Monica Mawson
The Macmillan Treasury of Herbs Ann Bonar
The Spice Cook Book Avanelle Day and Lillie Stuckey

These receipes use coriander in them. I also tried to pick receipes that had ingredients available in the Middle Ages.

MIXED SPICE (BAHARAT) Arabic from HP Books Middle Eastern Cooking
Arab housewives purchase this all-purpose spice mix by the bagful.

2 tablespoons freshly ground pepper $\frac{1}{2}$ teaspoon ground cardamom
1 tablespoon ground coriander 1 nutmeg, grated
1 tablespoon ground cloves Pinch of ground cinnamon
2 tablespoons ground cumin

Combine all ingredients in a jar with a tight-fitting lid. Shake to mix well. May be stored up to 1 year. Makes about $\frac{1}{2}$ cup.

PRESERVED LEMONS OR LIMES (CITRON CONFITS a la MAROCAINE) Cookbook above
Preserved citrus fruits add zest and flavor to Lemon Chicken or a stew.

10 ripe medium lemons or limes 1 tablespoon coriander seeds
(about 3 lbs.) 1 teaspoon whole cloves
4 to 5 tablespoons salt About 8 cups water (2 quarts)

Prepare jars and lids for canning. Make a deep slit on 4 sides of each fruit, starting from bottom and ending short of stem end so fruit will keep its shape. Sprinkle salt into slits, making sure salt is packed in well. Place fruit in hot sterilized jars. Divide coriander seeds and cloves evenly among jars. Pour water into pan and bring to a boil. Pour as much boiling water over fruit in jars as needed to cover fruit completely. Seal jars. Store in a cool, dark, dry place 3 weeks before using. May be stored up to 6 months.

CORIANDER COOKIES The Spice Cook Book Day and Stuckey

$\frac{1}{2}$ cup shortening 1 cup sugar
 $\frac{1}{2}$ teaspoon salt 1 large egg
 $\frac{1}{4}$ teaspoon soda 2 cups sifted all-purpose flour
5 teaspoons ground coriander seed $\frac{1}{2}$ cup buttermilk or sour milk
Cream together first 4 ingredients. Gradually blend in sugar. Beat in egg. Add flour alternately with milk, blending well. Bake 375 degrees for 15 min.

BOULETTES a l' orientale Cooking with Herbs and Spices James and Pumfrey
In the West mint is believed to be the perfect complement to lamb-in the East the same is thought of coriander. Both herbs are used to make these flavorsome meatballs and any cut of lamb can be minced and used.

$1\frac{1}{4}$ lb. minced lamb 1 egg Plain flour
4 Garlic cloves salt, pepper 2 Tbsp. Oil
2 Tbsp. freshly chopped mint 1 teasp. Ground coriander Mint or coriander leaves for garnish

Place lamb in bowl with peeled and finely chopped garlic, mint, egg, salt, pepper, & coriander. Mix well. Make little balls of mixture, flouring your hands so it doesn't stick, and roll balls in flour to coat. Heat oil in frying pan, add balls and cook for 8-10 minutes on each side till brown. Serve with couscous or rice. Serves 4 people.

MYTHS OF AVALON

The 1st annual Boulder Renaissance Festival will be held September 19th & 20th at Boulder Central Park-at the junction of Canyon and Broadway. There will be an SCA demo with fighting, arts & sciences & dancing. SCA merchants are welcome to come and sell their wares. Further information will be in the July Dorinda.

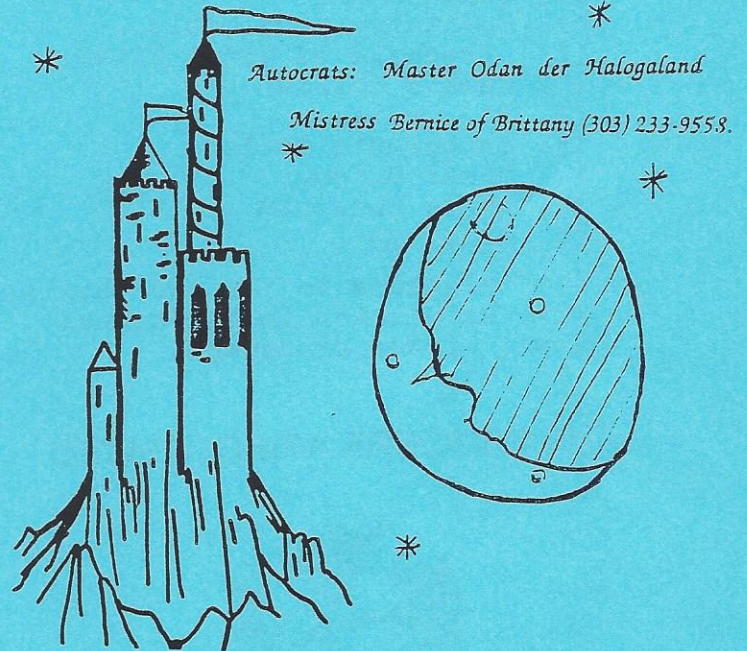
Lord John of Temple Manor
(303) 751 - 3670

Mooning over Shinai

House Halogaland and House Sea Star will present a Shinai Tourney and Moon Viewing on Saturday July 11, AS XXII.

The event will be held at House Salamander, home of Mistress Bernice of Brittany (3495 Newland Street, Wheatridge, CO) The rattle of Shinai combat will begin after 10 am and continue till dinner time. After a dinner break, all are invited to view the moon in all her glory to their heart's content.

Japanese personas are particularly invited, but all are most welcome. It would be our great honor if you would attend.



Autocrats: Master Odan der Halogaland

Mistress Bernice of Brittany (303) 233-9558.

A&S College Planned

ATTENTION
ARTS&SCIENCES PERSONS
(and all concerned people)

Upcoming this late summer/early autumn there will be a kingdom-level college. At present, the site and exact date are undetermined. However, in order for this to be a successful and representative event, planning must proceed.

What is needed from you, the

populace, is input.

Is there a specific class/area of interest you'd like to see?

If you have been to other colleges, was there something you specifically liked? disliked?

Would you be willing to teach a class in your area of knowledge? what area?

Have you suggestions, interest, surplus energy or material you'd like to donate to this cause?

This cause is only as good as those people who participate. I will serve as an organizer for those of you interested in sharing your skills, knowledge and expertise. I know there is a wealth of talent in this kingdom; I have seen it. Please contact me with your ideas and input.

In Service to the Outlands,

Lord Patrick the Lost

Deputy, Arts&Sciences

c/o Patrick Thompson, 3661 W. Union Ave., Denver CO 80236, 303-797-3458.

KINGDOM OF THE OUTLANDS PUZZLE

Puzzle provided by Lady Ceallach Llyn Tremen to help in articles, drawings and puzzles needed for the Windswept so it does NOT become Lady Renate's and Lord Mlodn's Paper but the entire Shire's Paper. PLEASE HELP US OUT BY YOUR ARTICLES, DRAWINGS OR PUZZLES!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Match the Group with its Mundane Location.

- | | |
|---------------------------------|-------------------------|
| 1. Aarquelle | A. Alamogordo, N.M. |
| 2. al-Barron | B. Albuquerque, N.M. |
| 3. Anlieptic Dun | C. Boulder, CO. |
| 4. Ard Thir | D. Carlsbad, N.M. |
| 5. Caer Galen | E. Cheyenne, WY |
| 6. Caer Mithin Halle | F. Clovis, N.M. |
| 7. Caerthe | G. Colorado Springs, CO |
| 8. Citadel of the Southern Pass | H. Denver, CO. |
| 9. Dragonsspine | I. El Paso, TX. |
| 10. Dryganstan | J. Farmington, N.M. |
| 11. Fountaine dans Sable | K. Ft. Collins, CO. |
| 12. Freehold of Great River | L. Laramie, WY. |
| 13. Hawk's Hollow | M. Las Cruces, N.M. |
| 14. St. Golias | N. Los Alamos, N.M. |
| 15. Scorpion's Hollow | O. Northglenn, CO. |
| 16. Unser Hafen | P. Pueblo, CO. |
| 17. White Mountain | Q. Santa Fe, N.M. |
| 18. Windkeep | R. Socorrø, N.M. |

The Solutions to the two puzzles will be printed in the August Issue of the Windswept.

Challenge Time 2:30

THE INVADERS ARE DEFEATED



THE OFFICE OF CHIRURGEON(HEALER)

This is the medical organization of the S.C.A.

This information was sent to Windkeep's Healer Lady Elaine of Valynwoode

The purpose and goals of this office are:

To provide efficient and necessary medical aid at all Society events.

To facilitate the training and certification of Healers.

To encourage the acquisition of knowledge of the medical practices of the Medieval and Renaissance eras.

To aid the marshallate in maintaining safe fighting practices.

Any person who wishes to actively participate in the Healers Guild must be currently certified in one or more of the following categories:

Physician, Nurse(R.N. or L.P.N.), Emergency Medical Technician (E.M.T.),
Red Cross First Aid Card(s) either Multimedia, Standard, or Advanced.

Interested individuals must submit the following information to the appropriate Kingdom Chirurgeon.

Society name and mundane name

S.C.A. chapter represented

Address

Telephone number

Photocopy of current certification(including date of expiration.

society and mundane medical experience

The term of office of each Healer should be not longer than the expiration date of the current certification or not less than one year.

Duties of the Healer include:

Each Healer shall provide medical assistance at S.C.A events only to the level that his/her mundane certification allows.

Each Healer shall possess or have easy access to a First Aid Kit approved by the Healer's Guild.

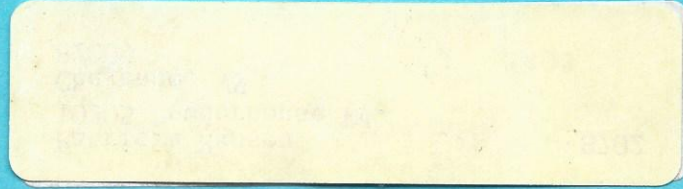
All Healers must maintain the mundane certification which qualify them for their warrants in active and current status.

Each Healer shall produce and transmit such reports as are required by their office.

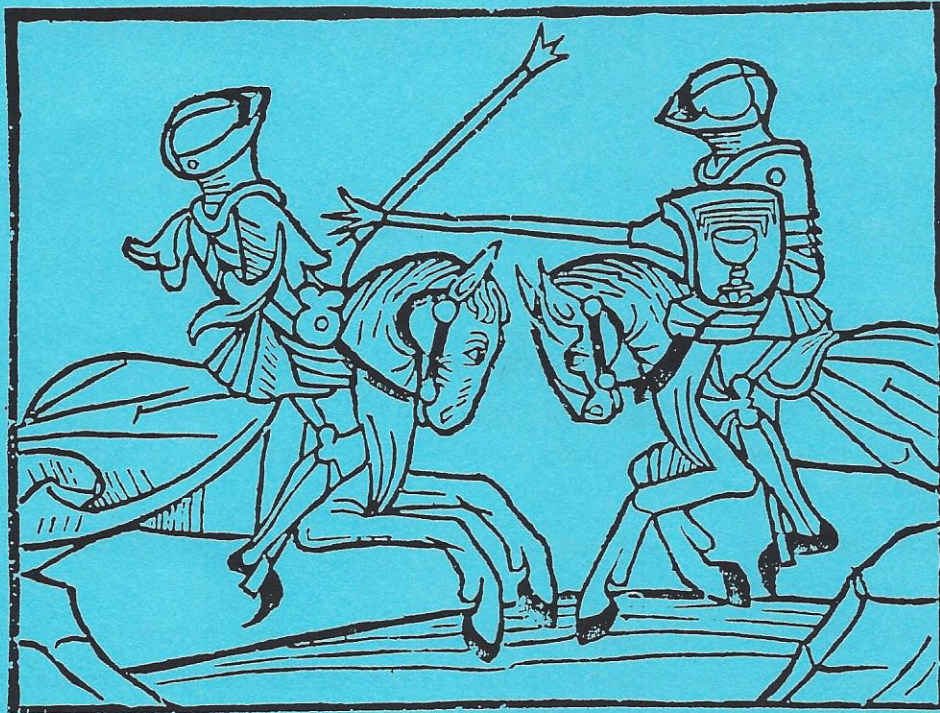
No Healer shall actively participate in any other office or capacity at any S.C.A. event when he/she is on Active Duty.(i.e. marshall, herald, autocrat)

WINDSWEPT

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



Time value - do not delay



We Need Subscribers!