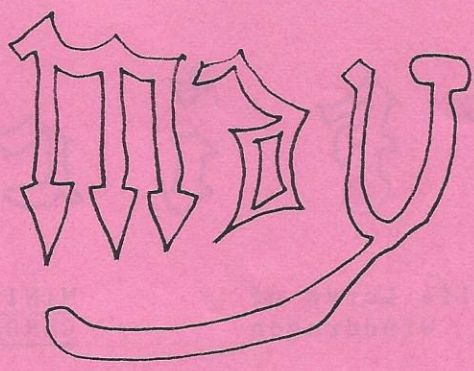


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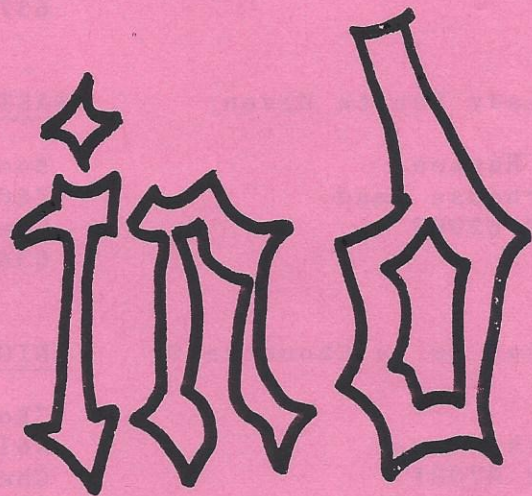


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Gelukkig Nieuwjaar

Shana Tova



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Bonne Année

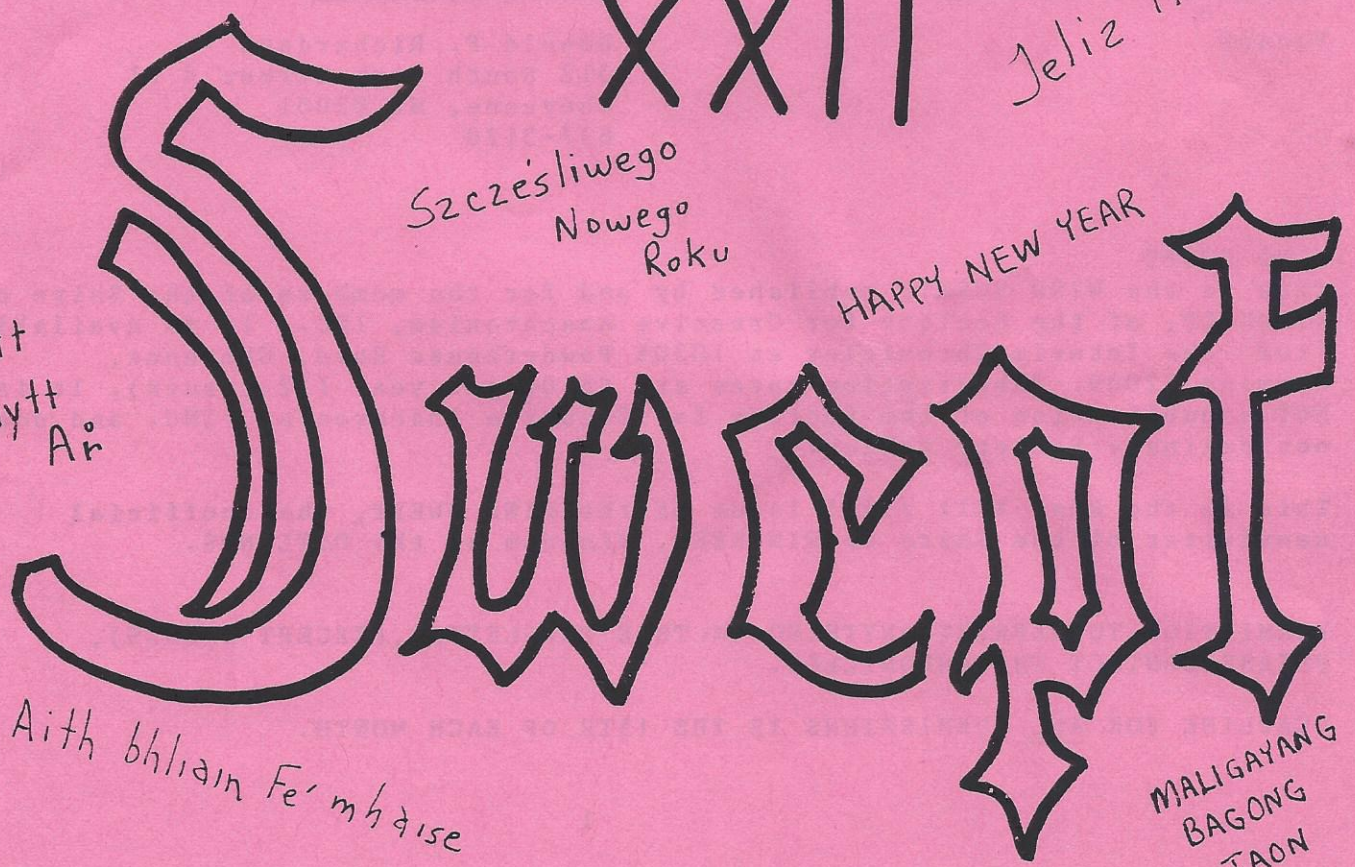
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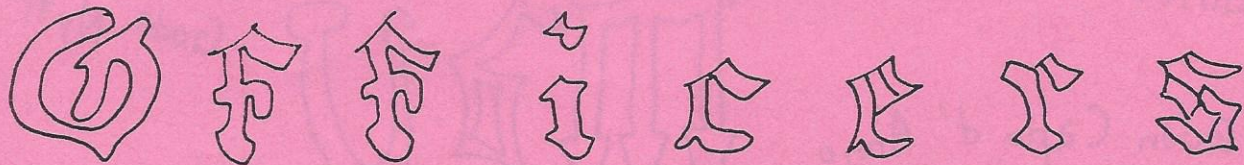
HAPPY NEW YEAR

Gott  
Nytt  
Aar



Aith bhliain Fe' mhaise

MALIGAYANG  
BAGONG  
TAON



SENESCHAL - Thalia Loryn of  
Winddragon

Ellen L. Anthony  
2820 Thomes #1  
Cheyenne, WY 82001  
635-3882

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TREASURER - Lady Renate Koven

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10205 Powderhouse Road.  
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MASTER HEALER Lady Elaine of  
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Bonnie Anthony  
2607 Poplar Ct. Apt. A  
Cheyenne, WY 82001  
634-2037

HERALD -Laural de la Chouette Or

Laura Wade  
4617 East 6th Street  
Cheyenne, WY 82001  
632-9018

KNIGHT MARSHALL - Rober aus den  
Nordlichen

"Bob" Wade  
4617 East 6th Street  
Cheyenne, WY 82001  
632-9018

MISTRESS OF THE LISTS

Vacant

JOURNEYMAN HEALER -Darcy Randolph

Donald F. Richardson  
312 South Fork Street # 51  
Cheyenne, WY 82001  
637-3120

#### 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 May, 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.

# Calendar

APRIL

Wed 25 All Guild, Writers, and Officer's Meeting  
 10205 Powderhouse 637-8168 2:00PM Optional

MAY

Sat 2 CAERTHE May Day Revel Alaissia (303)-252-0125  
 Sat 2 "Totally Mundane Bash" 2820 Thomes #1 635-3882 5:00PM Mundane  
 Sat 9 ARD THIR House Warming Revel 528 S. Lincoln #16 Laramie 10:00AM Costume  
 Sun 10 Lord Tod and Lady Ceallach whenever  
 Sat 16 UNSER HAFEN Defenders Tourney/Revel Lord Kevin(303)-221-0850  
 Mon 25 Officer's Meeting 2820 Thomes #1 635-3882 7:00PM Optional  
 Sat 30 DRAGONSSPINE OUTLANDS CORONATION (Colorado Springs, CO)  
 Sun 31 Duchess Selene (303)-597-5259

JUNE

Mon 1 First Cost Increase Deadline, Feast and Brunch, 3 1/2 Shires to the  
 Wind Oasis Event. Terry Foppe, 622 Whedbee, Ft. Collins, CO 80524  
 Sat 6 Tenter and Populace Meeting 10205 Pwdrhuse 637-8168 2:00PM Optional  
 Sat 20 All Guild (Costume) Meeting 10205 Pwdrhuse 637-8168 2:00PM Costume  
 Sun 21 FINAL Reduced Cost Deadline, Feast and Brunch, 3 1/2 Shires to the  
 Wind Oasis Event. Terry Foppe, 622 Whedbee, Ft. Collins, CO 80524  
 Sat 27 THREE AND A HALF SHIRES TO THE WIND OASIS EVENT, Crow Creek  
 Sun 28 Canpground, Pawnee Grasslands, Briggsdale CO. Lord Mlodn 637-8168

XX

HEALER BAG NEEDS

The Healer bag is in the need of the following First Aid Supplies. Anyone wishing to donate these items PLEASE contact the Master Healer Lady Elaine of Valynwoode ( Bonnie Anthony at Farspeaker 634-2037 10AM to 2PM ).:

1. 2" ace wraps, Total need of 6-8.
2. Arm sling, Total need of 2.
3. Bandaids various size and types, Total need of 3-4 boxes.
4. Alcohol Wipes, Total need of 2 small bottles.
5. Bandage Tape, Nylon, Paper, & Adhesive, Total need of 1 roll of each.
6. Instant Ice Packs, Total need of 3-4.
7. Aspirin and Tylenol, Total need of 1 bottle of each

!!!!!!! EVERYONE NEEDS TO FILL OUT A MEDICAL INFORMATION REGISTER WITH THE MASTER HEALER!!

!!!!!!! ALL FUTURE USERS OF MEDICAL SUPPLIES WILL BE HIGHLY ENCOURAGED TO MAKE A REPLACEMENT REIMBURSEMENT DONATION!!!!!!!!!!

Example costs; Bandage \$.25, Ace Wraps \$3.00, Arm Sling \$5.00, Ice Pack \$3.50, Aspirin etc \$.25, Cervical Collar \$10.00.

XX

THE KNOWN WORLD HANDBOOK Twentieth Year Edition

The Shire has copies of the Known World Handbook for purchase at \$8.00 . Please contact the Treasurer Lady Renate Koven ( Pat Hansen Farspeaker 637-8168 )

XX

# Cumin

By Renate Koven

Cumin is an annual herb of the parsley family with origins in ancient Egypt. The part used is the yellowish-brown elongated seeds that follow the small white or rose colored flowers and ripen in the fall. Today most of the cumin comes from Iran, Turkey, and India. In ancient times, cumin from Ethiopia was considered best with European cumin second.

Germans call both Caraway and Cumin seeds Kuemmel; The French use cumin, but call caraway cumin de pres or carvi; The Spanish use cumino, and also carvi for caraway. In India, cumin is known as jiraka.

Cumin is mentioned in the Bible, in both the Old and New Testaments. In the first century Pliny referred to cumin as the best appetizer of all the condiments. Antoninus Pius, one of the few good Roman emperors (86-161AD), was simple in his tastes, and devoted to his subjects welfare. In order to provide money for his projects, he practiced the most rigid economy in his social life. Scornful politicians nicknamed him "the cumin splitter" by which he is still known. Cumin was a symbol of greed to the ancient Greeks. On the Roman side, it was said that Marcus Aurelius (AD 121-180), was nicknamed Cumin because of his pronounced desire for wealth.

Upon the subject of medieval weddings in Germany; both the bride and groom carried cumin, dill and salt in their pockets during the ceremony to ensure faithfulness. In parts of Europe, a young man leaving home to become a soldier would carry along a loaf of cumin bread baked by his sweetheart or she might share his farewell glass of wine, in which powdered cumin had been mixed.

Records tell us that in A.D. 716 cumin was used in monasteries in Normandy. It has been utilized as a condiment in England since the 13th century and by 1419 cumin was one of the taxable imports in London from which the crown received income. The Jews liked cumin in their unleavened bread but Egyptians sprinkled the seeds on top. In Roman cookery, its use was spread over so many foods it might be considered their most important spice.

It is frequently mentioned in herbals of the 16th century for its ability to relieve colic and was considered beneficial for a digestive stimulant for headaches. They also used it in stopping diarrhea. Sometimes the seeds are crushed and added to poultices, and the seeds in the form of a plaster were also recommended to relieve pain.

Now cumin is an essential ingredient in curry powder, and in America's chili powder. The Dutch, Swiss and Scandinavian use it in cheese. The German's make their famous liquer, Kuemmel, and also use it in pork and sauerkraut dishes. It is used on Mexican food. Mexico cooks aver that the best way to get the full affect from cumin seeds is to rub them briskly between the palms of the hands, letting the bruised seeds fall naturally into the food as it cooks. Cumin also seems popular in Oriental, Indian, Middle Eastern and Latin American dishes according to several authors. Examples of dishes you might add cumin to are: green beans, cabbage, deviled eggs, cauliflower, breads cheese dishes, rice, sauces, salad dressings, meat loaf, soups, stews, dried beans and in cooking game, wild fowl, fish and spareribs. Ground cumin and cumin seed whole or crushed may be used interchangeably in many receipes. As with most spicing, it is best to start with a quarter of a teaspoon for 4 servings and work up if you like, bearing in mind that no matter how pleasing the flavor of herbs, the idea is to taste the food not just the seasonings.

The Book of Spices Frederic Rosengarten, Jr.  
Cooking with the Healthful Herbs Jean Rogers  
Cooking with Spices and Herbs Sunset Magazine  
Herb and Spice Cookery Monica Mawson  
The Spice Cookbook Avanelle Day & Lillie Stuckey  
Spices of the World Cookbook McCormick

Though winter has not totally departed from the northern reaches of the Outlands, spring is arriving at West Wind Farm. The pastures are greening up, the bulbs expensively imported from the Low Countries are soon to bloom, and the chickens are coming out of their winter slump, and laying an abundance of eggs. Poultry-keeping is a serious business at West Wind Farm, though in the Middle Ages in Britain, it was not always so.

Chickens were introduced to the British Isles by the Romans, and some breeds, such as the Silver-Grey Dorking were recognized then and still exist today. For many centuries, eggs were not an important part of the diet and were used as part of a recipe only. Chickens were bred mainly for cock-fighting and many different breeds of "fighting games" were developed. The only culinary use of these birds was to make cocka-leekie soup from the loser of a fight! Ducks and geese were the mainstay of medieval poultry-keeping, as they could withstand the rigorous climate better and were better at foraging for their food.

During Tudor times, different breeds of chickens from the Continent started to be imported, especially from the Mediterranean countries, and these more productive birds led to eggs becoming a more important part of the diet. Over the centuries, poultry-breeding became a fine art and classic British breeds such as Cornish, Orpington, and Speckled Sussex are still with us today.

#### Cocka-Leekie Soup

- 1 tough old rooster or laying hen past her prime
- 1 bay leaf
- 2 cups chopped leeks
- 8 cups stock or broth or water
- 2 Tablespoons barley
- 2 /3 cup prunes (optional, but very medieval)
- Salt and pepper to taste
- Optional: Diced carrots or other vegetables

Boil rooster with Bay Leaf until tender and falling off the bones. De-bone and De-skin. Chill broth, then skim off solidified fat. Return meat to broth, after ascertaining that you have 8 cups worth of broth. Add leeks, prunes, barley, and optional vegetables. Remove Bay leaf and simmer until Barley is tender. Salt and Pepper to taste. This serves 4 to 10 depending upon appetites and number of other dishes served. More barley can be added to make the soup heartier.

Elizabeth Rebecca MacLead of West Wind Farm

XX

#### WE WANT YOU TO SUBSCRIBE TO THE WIND SWEPT

#### WIND SWEPT SUBSCRIPTION APPLICATION

WIND SWEPT, Newsletter of the Shire  
Windkeep, Kingdom of the Outlands

12 Monthly Issues \$ 8.00  
Make checks payable to:  
SCA, Windkeep

Mail to:	Mundane Name	
WIND SWEPT	Address	
c/o Fred Hansen	City	State
10205 Powderhouse Rd.	Zip	Phone, optional( ) -
Cheyenne, WY 82009	Society Name	Title

YOUR SUBSCRIPTION AND SUBMITTALS ARE IMPORTANT AND WILL MAKE A DIFFERENCE !  
SUBSCRIBE ! SUBMIT ! DO IT TODAY !

HOUSEHOLD REVEL

THE HOUSEHOLD OF YEWOOD MANOR has moved to its new and permanent home. Lord Tod and Lady Ceallach hereby invite one and all to a gala HOUSEWARMING REVEL to be held on Saturday and Sunday, May 9 and 10, A.S. XXII.

Come and join us for a weekend of feasting, fun, frolic, and weather permitting, fighting. Also plan on mirth, merriment, mayflowers, and weather permitting a maypole!

A May Queen of Love and Beauty will be chosen on Saturday morning to "rule" for the weekend.

We will start the celebration at 10:00 AM on Saturday and continue through til Sunday evening or exhaustion, whichever comes first.

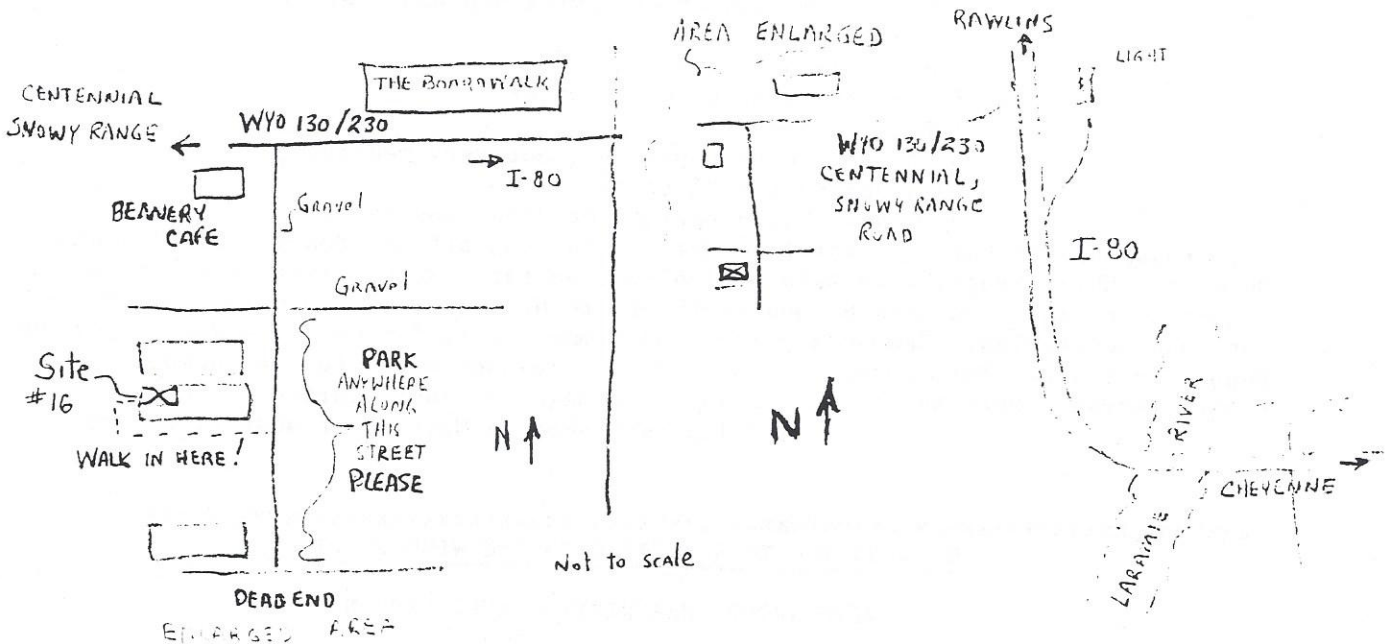
There will be NO site fee!! However, each attendee is asked to please bring a Pot Luck dish or some type of food stuff for the Saturday evening feast. THIS IS A VERY WET SITE!!!

There is limited crash space available. Although there is no parking at the actual site, there is ample parking within one block of the site. (see map)

Due to a severe smoke allergy, the Autocrat must insist there be ABSOLUTELY NO SMOKING INDOORS!!!

AUTOCRATS: Lord Tod Coyle and Lady Ceallach Tremem  
528 South Lincoln #16  
Laramie, WY 82070

Phone not installed yet, contact Lord Mlodn or Lady Renate at 637-8168



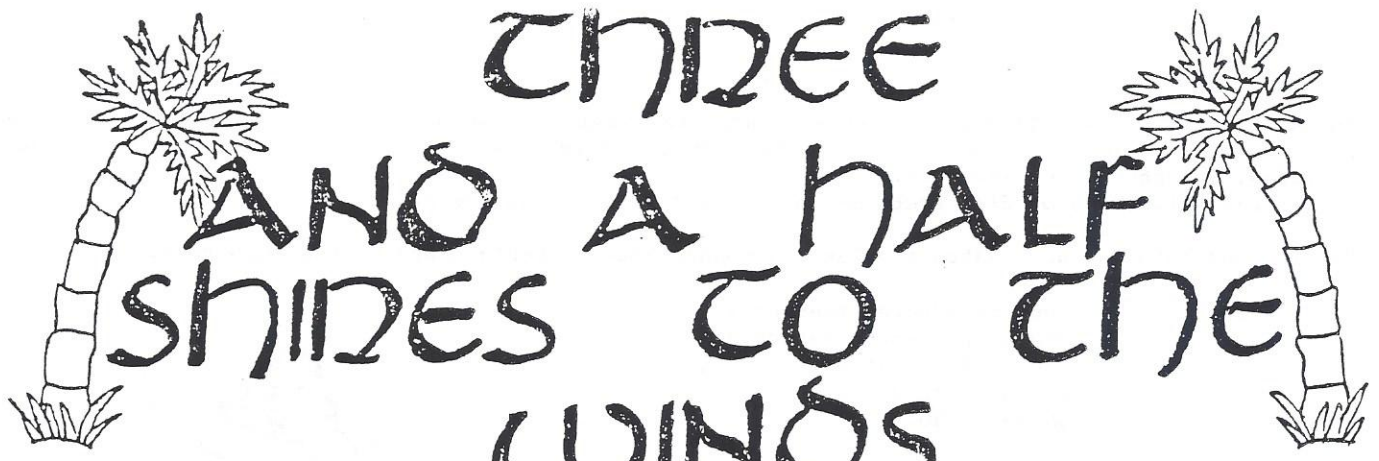
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DAGGER RAFFLE

The Yewood Manor Housewarming Revel on 9th and 10th of May will be holding a raffle in conjunction with the revel.

A nice dagger is offered at ONLY \$1.00 per chance. You need not be present to win. All money received will go to the incipient Shire of ARD THIR (Laramie, WY). Mail in your money to Lord Tod or Lady Ceallach at 528 South Lincoln #16, Laramie, WY 82070 or get your chances in person from Lord Tod, Lady Ceallach, Lord Mlodn, or Lady Renate.

XX



# THREE AND A HALF SIDES TO THE WINDS OASIS EVENT

You are traveling wearily across the plains of the northern Outlands; the mountains in the west are seemingly an impossible distance away; when you come upon a green and pleasant place to find the four northernmost groups of the Outlands have prepared a gala event for your pleasure and participation.

The dates are 27 and 28 June, A.S. XXI/1987 and the place is the Crow Creek Campground in Pawnee National Grassland, Briggsdale, Colorado.

In fairness to all aspects of the S.C.A., we are working out a point system for all who enter the events, either Arts and Sciences Competitions, the fighting and/or other competitions. We feel this will give all who participate an equal chance at being named "Champion" or whatever title is best to use.

To keep our valiant fighting participants from being overcome by the summer's sun and heat, we will be holding an "evening" tournament for them. The fighting shall be in the cool of the evening rather than by moonlight since the field is NOT lit as previously reported.

In addition to these major attractions, we also plan games of skill, quests, trivia quizzes, and a scavenger hunt. There will be categories for all ages to enjoy.

The site restrictions are only those normally imposed by the National Forest Service. THIS IS A WET SITE.

On site there are plenty of camping spaces, some of which have RV hookups. There is also some shade, running water, toilets, firepits, and a communal-type cooking area, which is covered and has both cooking and serving counters, electrical outlets and tables on which to feast. The tables, however, are not under the covered area.

The SITE FEE for the two days is \$ 5.00 per adult, \$ 3.00 per child ages 6 to 12 years, children under 6 years of age free.

A feast is planned for Saturday 27 June, the menu is not set yet, but, there is to be a large variety of Middle East dishes. The dishes will be selected and prepared considering the appeal to the "American" taste.

Feast fees by prepayment are: Prior to 1 June-----\$ 5.00. 2 June to 20 June---- \$ 6.00. After 21 June and at the door \$ 7.00.

A brunch is planned for Sunday 28 June, Main theme will be eggs.

Brunch fees by prepayment are: Prior to 1 June----\$ 2.00. 2 June to 20 June---- \$ 2.50. After 21 June and at the door \$ 3.00.

CHILDREN FEAST and BRUNCH FEES HALF adult fee.

RESERVATIONS and PAYMENT: for the prices indicated, reservations must have payment enclosed, site fee may be included. Reservations should be sent to; Terry Foppe, 622 Whedbee Ave., Ft. Collins, CO 80524, Telephone, 303-482-6608.  
 If you have allergies or diet problems, please notify with your reservation.

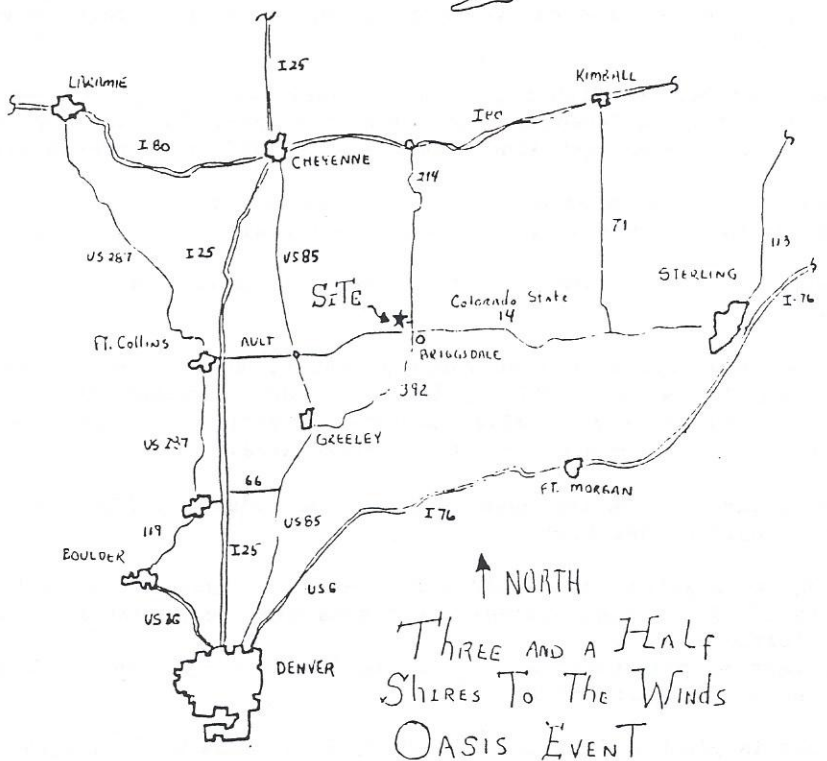
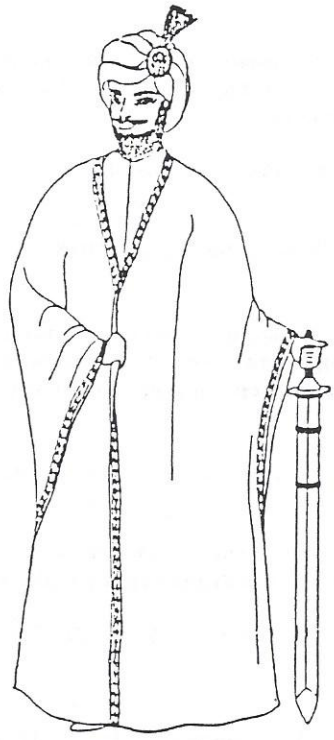
For further information - Watch for later announcements or contact any of the Autocrats:

Caer Galen: Lady Elizabeth Freemountain  
 c/o D. Elizabeth Robinson  
 370 S. 43rd. Street  
 Boulder, CO 80303  
 303-499-8807

Windkeep: Lord Mlodn Zupan & Lady Renate Koven  
 c/o Fred & Pat Hansen  
 10205 Powderhouse Rd.  
 Cheyenne, WY 82009  
 307-637-8168

Unser Hafen: Tehri Hadeel  
 c/o Terry Foppe  
 622 Whedbee  
 Ft. Collins, CO 80524  
 303-482-6608

Ard Thir: Lord Colm Cormaic  
 c/o Robert Derrick  
 765 N. 10th. St.  
 Laramie, WY 82070  
 307-742-3943



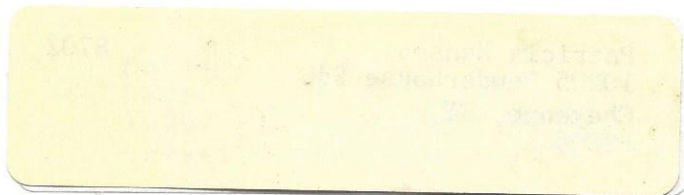
Crow Creek Campground, in Pawnee National Grasslands





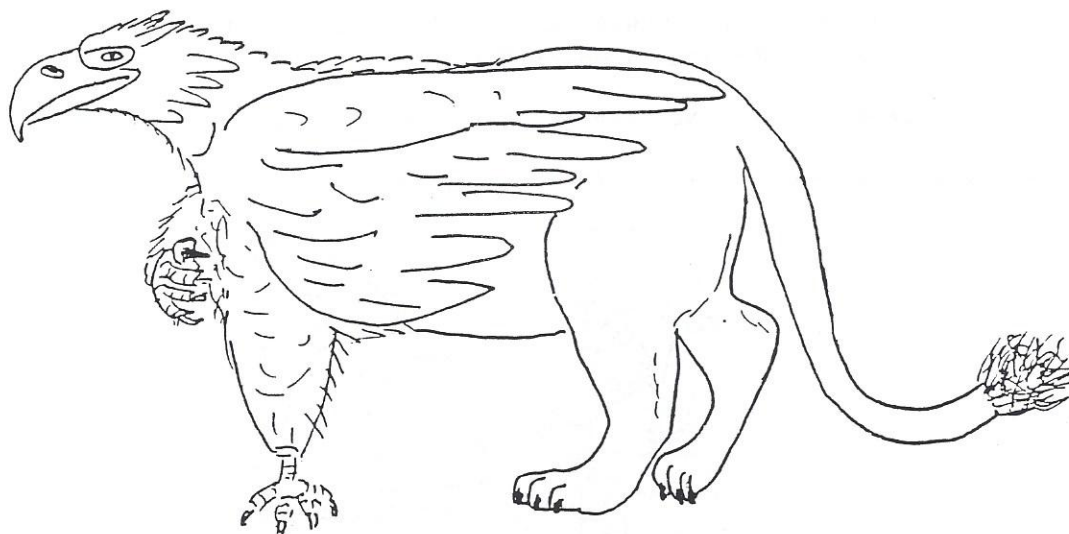
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