

# WINDSWEPT



*The Virgin Mary* Late 12th century. Canterbury Cathedral. North window of the corona.  
Detail from a Jesse window

This window has had a curious history. In a lecture to the Archaeological Institute in 1848, Charles Winston referred to it, together with part of another in York Minster, as being some of the oldest stained glass in the country. There is also a coloured tracing of it, dated 1848, in the Victoria and Albert Museum in London. Sometime later the panel disappeared from the Cathedral and was not seen again until it was returned under the terms of the will of the late Dr Philip Nelson, a well-known collector and authority on stained glass, in the late 1950s.

Sept.  
XXII







# FENNEL

By Lady Renate Koven

The name fennel is derived from the Roman "foeniculum," a variety of fragrant hay. It was used as a condiment by the Chinese, Indians, and Egyptians.

There are two main varieties of fennel: "Foeniculum vulgare", a perennial which is cultivated for its young stems, which are used in salads, and for its seeds. The annual, "Foeniculum vulgare dulce" known as Florence fennel or finocchio. This produces thickened leaf stalks that are boiled and eaten as a sweet vegetable, somewhat similar in taste to celery. The plant is easy to grow and grows 4 to 6 feet with the Florence fennel being less robust and it grows to about half the height of the perennial. It is grown mainly in England, France, and Italy. The feathery leaves

and the seeds are the most commercially used parts. Fennel is a member of the same botanical family that includes parsley and carrots.

Fennel is one of the oldest herbs known. It is a native of the Mediterranean countries and was taken to many other lands by the conquering Romans. Probably brought by the Romans, it now grows wild in England, especially along country roadsides.

Fennel was used extensively by the Romans in cooking. On of the best known chefs, Apicius, called freely for fennel in his recipes. Fennel was so highly regarded it was also used to crown Roman heroes along with laurel. It was considered a sacred herb given to man by the gods to cure diseases. Fennel was illustrated in a 15th century manuscript and Gerard referred to it as being useful for preserving the eyesight. It was thought in medieval times to have magic associations and was hung over doors on Midsummer's Eve to ward off evil spirits. Cow's udders were smeared with a fennel paste so that their milk would not be bewitched. It was used in northern Europe for over 900 years and there are references to it in Anglo-Saxon medical recipes of the 11th century. Saxons believed that nine sacred herbs, fennel being one, had the power to combat the causes of disease, which were supposed to be nine in number. It was considered a rejuvenator, an aphrodisiac, a fortifier, and an aid in helping to dull the appetite, which made it highly desirable for both dieting and overcoming hunger during fasts. It restored and sharpened the eyesight, stopped the hiccups, cured wheezing, earaches, toothaches, coughs, asthma and rheumatism. It was one of the ingredients of



## Fourth Crown Tournament of the Outlands

The Shire of Caer Galen will host the fourth Crown Tournament of the Kingdom of the Outlands on the weekend of October 3rd and 4th. The Crown Lists will be held on Saturday, October 3rd at the Boulder Valley Community Hall east of Boulder followed by a Harvest Feast and Revel. The Abbey Kitchen will be open on Saturday for lunch. On Sunday, October 4th, Peers Circles, a Kingdom Officers Meeting and a Caer Galen Defender Tournament will be held at Carden School on the North edge of Boulder. Map and directions follow.

Feast Autocrat will be Lady Morgwen ni Lochsolas. Tournament Autocrat will be Lord Alexandre d'Avigné. Event autocrats will be Mistress Demelza Félinnoir and the Honourable Lady Elizabeth Freemountain.

### Tentative Schedules

#### Saturday, October 3rd

9:00 am Site Opens  
10:00 am Opening Court  
11:00 am Armour Inspection and Lists  
4:00 pm Feast Hall Opens for Setup  
5:00 pm Evening Court  
6:00 pm Feast Begins, followed by Revel  
10:30 pm Cleanup Begins  
11:30 pm Hall Closes - Everybody Out

#### Sunday, October 4th

8:00 am Peers Circles Begin  
11:00 am Caer Galen Defender

No alcohol is allowed at either site. Site Fee for the weekend is \$ 4.00.

The Feast will be a Harvest Feast with New World Delicacies. The menu will include the following:

**On the table:** Fresh vegetables, assorted breads, nuts, soft cheeses and butters.

**First Course:** Mincemeat Pie, Sausages and Handmade Noodles, and Orange Glazed Carrots.

**Second Course:** Roasted Fowl, Maize, Barley with Onions and Almonds.

**Third Course:** Roasted Beasties with Herbed Stuffing, stewed apples.

**Desserts:** Assorted tarts, cakes and ices.

Feast Reservations are limited to 100. This is an **absolute** limit due to the size of the Hall. Only **paid** reservations will be accepted. Feast Reservations **received** by midnight on September fourth will cost \$ 7.00 for members, \$ 9.00 for non-members. Those **received** by midnight on September 18th will cost \$ 9.00 for members, \$ 11.00 for non-members. Children twelve and under will be half price. **No reservations will be accepted after midnight on September 18th.** No reservations will be accepted over the phone.

People interested in entertaining, contact Mistress Demelza, (303) 449 2479. There will be Caer Galen's normal (?) revelry, dancing for those interested and a post-revel (**at least** one ...).

Anyone who would like to help, we still need:

Servers, will receive half price feast, contact Lord Iric of Black Elk, (303) 449 2479.

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Kitchen Cleanup Crew after feast, (4 people), will receive goodies from Lady Morgwen! (303) 442 0959.

Kitchen Cleanup Crew, 1 person during day, 1 person during feast, will receive free feast and even more goodies!, contact Lady Morgwen, (303) 442 0959.

Hall Cleanup Crew, will receive many thanks, cheers, and admiration, etc., contact Lady Elizabeth, (303) 499 8807.

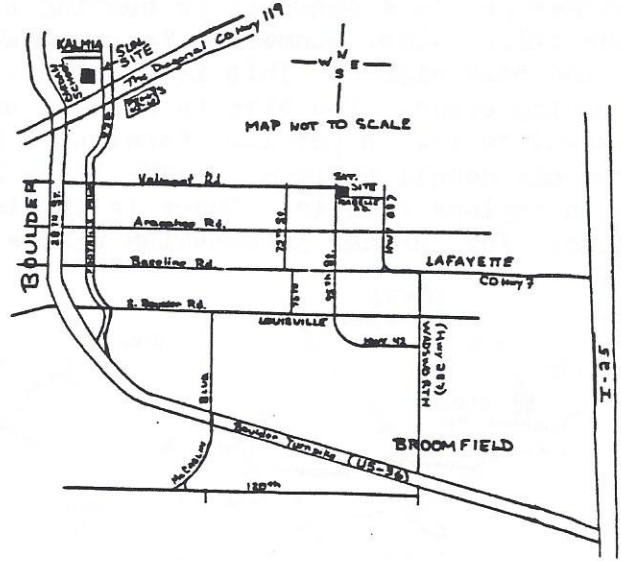
Site and Feast Reservations:	Crash Space:
Mistress Marisela de Broyde c/o Patricia Robinson 550 Hartford Drive Boulder, CO 80303	Lord Alexandre d'Avigné c/o Jeff Berry 3000 Colorado # 106B Boulder, CO 80303 (303) 442 0959 -4 rings gets an answering machine

For more information contact:

Mistress Demelza Félinnoir c/o Elizabeth Coolbaugh 5000 Butte # 192 Boulder, CO 80301 (303) 449 2479	Hon. Lady Elizabeth Freemountain c/o Elizabeth Robinson 370 South 43rd St. Boulder, CO 80303 (303) 499 8807
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### Caer Galen Defender Tournament

Caer Galen has chosen this Grand and Glorious Occasion, when many fighters of high renown from all over our Kingdom and elsewhere will be gathered in our fair Shire, to seek a Defender to protect us. Depending on the number of entrants, the list will be either a progressive melee or a no-shields, double-elimination tournament. If a progressive melee is held, the winning team of each combat will be the first one to kill the other team's captain. The captain of the winning team will be named Caer Galen Defender. He or she will receive a favor, an oak baton capped in silver, and the heartfelt thanks and admiration of the Shire. All members of the winning team will receive some token for their efforts.



Unto all who read these present letters,

Lord Fionn Creagh and his lady, Monique of the Amber Eyes do send most courteous

GREETINGS!

We do hereby invite one and all to attend our wedding ceremony. We further realise that this is very short notice, and if you cannot attend, we ask that you be with us in spirit as we plight our troth on the 19th of September, two o'clock in the afternoon.

The ceremony is mundane and will be held at Spring Creek Park in Fort Collins (corner of Mathews St. and Spring Park Dr.), weather permitting. The foul weather site is Grace Bible Church, 300 Whedbee in Ft. Collins.

Dress is whatever you feel comfortable in (just because we will be uncomfortable is no reason for our friends to be the same.)

A reception will follow the ceremony.

If you need directions, please contact Lord Fionn at (303) 482-7376 on the farspeaker or write to Jack Bowers at 113 S. Grant, Ft. Collins, Colo. 80521

Please believe, friends, that we remain,

Your servants,

*Fionn Creagh*

*Monique*

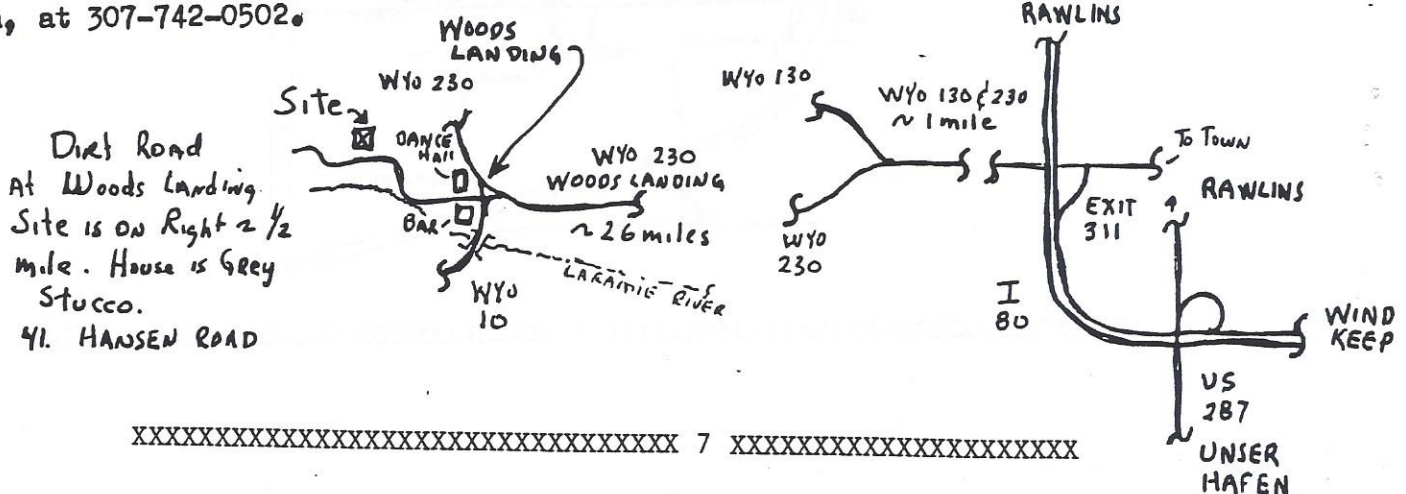
*Yewwood Manor*

*Equinox Journey*

The Yewwood Manor Equinox Tournament & Harvest Festival has changed both its site & date. The new date is 12 & 13 September, A.S. XXII. Starting Time on Sat. Aprox. 10 am and closing time on Sun. is exhaustion.

The new site is Woods Landing, Wyo. Please see map. This site is 450 acres of private land. Of this, 5 acres has been reserved to park fire chariots.

The site has available water. However, the owners have asked that you bring your table(s) & chair(s), sunshade and either grills & charcoal or camping stoves due to the extreme fire danger in this area in the fall. Also, sunscreen is recommended! Elevation is approximately 7500 feet, with hot days and cold nights. This is a wet site! There is no crash space available as this is a camping event. The site is located at the base of the mountains, with a river running adjacent to it. A pot luck feast will be held Saturday night. Bring enough food to serve six people minimum. THERE IS NO SITE FEE. Gas and groceries are available in Laramie in copious amounts. There is limited gas and groceries nearby at at store and gas station. For further information please contact Lord Tod or Lady Ceallach, at 307-742-0502.







WINDSWEPT

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



Time value - do not delay



We Need Subscribers!