

ALTAR WITH GRIFFINS, HORNED MASKS AND GARLANDS.

SEPT. XXIV



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The Traveler

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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. Subscription rates are \$8.00 per year, January to December. It is NOT a publication of the Society for Creative Anachronism, INC. and does not delinate Society policy.

This is the September, XXIV /1989 issue of the WIND SWEPT, the unofficial newsletter of the Shire of WINDKEEP, Kingdom of the OUTLANDS.

SCATHIOTH SOLVING September 1989 ... T M T M S 0 0 Upper Outlands Fencing + Archery Comps + (Caer Galen) 0 7 3 4 6 Highland Games (Estes Park) 0 MERCENARY SINGERS FIGHTER Elizabethan 7:00pm PRACTICE 0 (Masve's keep) (Laramie) 6:00 pm 10 12 11 15 13 14 Unser Hafen Defender + Caerthan Unser Hafen Warlord Dance Practice 0 20 22 23 19 21 17 18 0 Shire of . Gran Sees Mercenary 7:00 Singers (Rhianwen's keep) Tourney + Feast 0 (yoder, WY) 26 29 25 27 28 24 30 0 Unser Hafen Dance Practice 0 0 0 0 0 0 0 0 0 0 0 0

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SEPTEMBER

	SEPTEMBER			
Mon 4	Mercenary Singer of the Northern Outlands Windkeep	7:00PM	See Pg.	8
Sat 2	ARD THIR Fighter's Practice Conn (307)-721-3806		Call	
Sun 3	UNSER HAFEN Fighter's Practice Spring Creek Park	1:30PM	See Pg.	
Tues 5	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
	Fighter's Practice Sunken Gardens Lions Park	5:30PM		
and the second second		J:30PM	Armor	
Fri 8	SCOTTISH-IRISH			
& Sat 9	FESTIVAL Estes Park, CO			
& Sun 10	Wyndylyn (303)-355-6598			
Sat 9	ELIZABETHIAN FAIRE Laramie			
Mon 11	UNSER HAFEN Dance Practice Catriona (303)226-2018	7:00PM	See Pg.	8
Tues 12	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
Thur 14	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
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Sat 16	#Combined# Defender's Tourney, Premier Blade, and			,
& Sun 17	Warlord Tournament Titus (303)490-2936		See Pg.	
Sun 17	UNSER HAFEN Fighter's Practice Spring Creek Park	1:30PM	See Pg.	8
Mon 18	Mercenary Singers of the Northern Outlands Unser Ha	afen	See Pg.	8
Tues 19	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
Wed 20	WINDKEEP POPULACE MEETING 4301 Hayes 632-8938	7:00PM	See Pg.	8
Thur 21	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
Sat 23	Incipient GRÜN SEE (Yoder, WY) Demo & Camp out	See Pg	6	
		see rg	O	
& Sun 24	Bump Sullivan Reservior Wolfram (307)-532-7756			
Sat 23	Benefit Raffle DATE CHANGED See OCTOBER 28			
Tues 26	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
Thur 28	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
	OCTOBER			
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Thurs 5	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
Sat 7	CROWN TOURNAMENT	3.30111	HIMOL	
The Paris Section 1				
& Sun 8	DRAGONSSPINE Liobsynde (719)-593-9652	7 0000	0 5	0
Mon 9	UNSER HAFEN Dance Practice Catriona (303)226-2018	7:00PM	See Pg.	8
Tues 10	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
Thur 12	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
Sat 14	CAERTHE Peasent Feast Amelia (303)-750-9114			
Sun 15	UNSER HAFEN Fighter's Practice Spring Creek Park	1:30PM	See Pg.	8
Sun 15	Windswept Worktime 4301 Haynes St. 632-8938	7:00PM	Optional	
Mon 16	Mercenary Singers of the Northern Ouitlands Unser H		See Pg.	
	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM		O
Tues 17			Armor	
Thur 19	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	-7
Sat 21	Applefest ARD THIR Mavellic (307)-742-68	36/	See Pg	7
Sun 22				
Mon 23	UNSER HAFEN Dance Practice Catriona (303)226-2018	7:00PM	See Pg.	8
Tues 24	Armorer's Workshop & Pell 10205 Pwdrhse 637-8168	5:30PM	Armor	
Thur 26	Fighter's Practice Sunken Gardens Lions Park	5:30PM	Armor	
Sat 28	Windswept-Drawn & Quarterly Benefit Raffle DATE CHAN		See Pg.	9
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VNSER HAFEN DEFENDER CAERTHAN WARLORD PREMIER BLADE

Ave! The Shire of Unser Hafen and the Barony of Caerthe proudly announce the VIth annual Unser Hafen Defender and Caerthan Warlord and Premier Blade Tourney.

The event will be held at the Roman camp at Windhover Cliff, the site of last Coronation, on September 16 and 17. This is a camping event. The site's well cannot handle large demands, so BRING YOUR WATER. Pets must be leashed at all times. There is road access to the list field, camping areas, and for emergencies, but cars must be parked in designated areas. The farmhouse is not for group use. Fire is allowed only in the fire pit. A 'no fire' rule may be in effect -- this may include cigarettes. SITE FEE \$4.00.

Saturday there will be a heavy weapons prize list to choose the Unser Hafen Champion. The citizen of Unser Hafen who places highest in the list will be our Defender. Also on Saturday will be an open field melee to capture the opposing team's Eagle. On Sunday will be special Roman melees and gladiatorial games. From these fighting events, the noblest Caerthan will be selected as Caerthan Warlord.

A rapier list to choose the Premier Blade of Caerthe will be fought on Sunday. The Premier Blade will act as the Baroness'; protector and must renounce all foreign alliances. A second and an exemplar will also be chosen. Anyone intending to enter this list must contact Mistress Keridwen of Gwenmarch, Baroness of Caerthe or Lord Bjarg before the event. A rapier list will also be held on Saturday.

A Roman style (reclining) banquet will be held Saturday night at the Grotto at the Sacred Heart of Jesus Catholic Church (site of the last Coronation feats), 2312 14th Street in Boulder. The site is discretely wet. The Banquet is being prepared by Lady Aileen Bardon of Unser Hafen and will include five courses. On the table: breads, cheeses, sausage, fresh vegetables, olives. Course 1; Cold cucumber soup, pickled pheasant eggs, flat breads. Course 2: Chicken forcemeat, herbed rice, pickled beets. Course 3: Smoked fish, green beans Ezekiel, cauliflower vegetable mix with mint sauce. Course 4: Marinated beef, fried green onions, Solomon's cinnamon, cantaloupe. Course 5: Fresh fruit, almond cakes, almonds and dates. Feast fees are \$8.00 for reservations received before September 10, \$12.00 after, \$2.00 for sideboard. An oration competition and a dramatic presentation of the story of Persephone and "Demeter will be featured at the Banquet.

A raffle and auction of wares from Unser Hafen will take place Saturday night. Merchants are welcome; they must provide a small donation to the auction. Send all feast reservations (no reservation without payment) to Lady Ismenia MacKinnon.

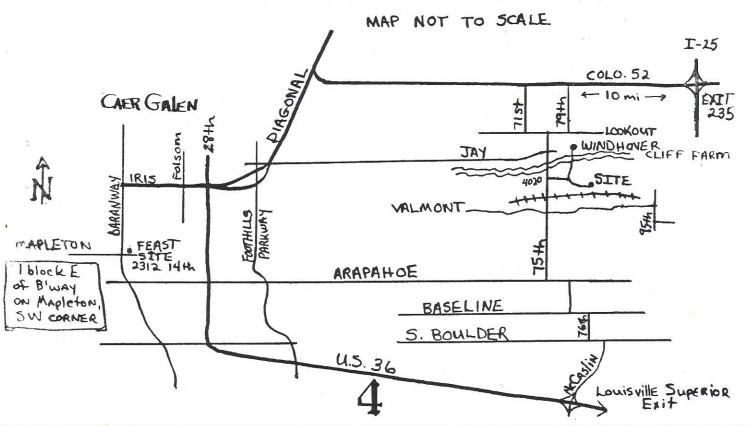
Send payment to:

Lady Ismenia MacKinnon c/o Eiken Clark 1500 West Prospect Rd. Fort Collins, CO 80526 (Checks payable to SCA -- Unser Hafen)

Autocrats:

Lord Titus Claudius Severus c/o Tod Huckaby 420 S. Impala Fort Collins, CO 80521 (303) 490-2936

Lord Bjarg c/o Tom Hortman 2562 Grape Street Denver, CO 80507 (303) 355-6598



LORDS OF LIGHT OR DARKNESS TOURNEY AND MASKED REVEL

Mackerel Hall and La Villa del Halcon Blanco cannot get enough tourneying so they are having a tournament in November! Saturday, November 18 at 12:00 noon the tourney will start at St. Andrews Seminary on Mississippi and Birch Streets in Caerthe. The site fee is \$5.00. In case of inclement weather there will be an indoor site.

The winner of the tourney will be crowned "Lord of Light or Darkness," with all the honors and privileges of that high rank, and will receive a silver and jet medallion from Silver Squirrel Jewelers.

The masked revel will start at 7:00 p.m. with the investiture of the Lord of Light or Darkness and will go on into the night with dancing, entertainment and games. Prizes for light and dark food. After the contest is over, the light and dark contest food will be available for consumption. There will also be a prize for Best Mask, game winners, etc.

Activities will include the Riddle Game. Outlandish Amnesia, Free Tiny Enslaved Argonians, Plague Rat, Bertha Butt ring toss; board games such as: Chess, Backgammon. 9 Man Morris and Known World Imperium Risk; and some old favorites including Clench a Wench and Dukes & Duchesses. Bring your cloven fruit!

More information will be available in upcoming issues of this newsletter.

Lady Eadygth of Seven Oaks (Edie Klein) 871-0250 (home has answering servant)

Duenna Ketievia Segovia de la Noche (Ketievia Segovia) 892-6003 work number

WIND SWEPT SUBSCRIPTION APPLICATION

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

Remainder of 1989, 3 issues \$ 2.00 Make checks payable to: SCA, Windkeep

Mail to:	Mundane	Name				
Wind Swept	Address					
c/o Seneschal	City		State			
4301 Hayes Street	Zip	Phone,	Optional()-	_	
Cheyenne, Wy 82001	Society	Name		Ti	tle	



"SOCIETY FOR CREATIVE ANACHRONISM DEMO

AT GRUN SEE"

Greeting's to all!

The Incipient Shire of Grun See bid's all resident's of the Outlands and the Known World to assemble at the Grun See. Mundanely known as: Bump Sullivan Reservoir near Yoder, Wyoming. The event will be held at the reservoir. We have arranged for a Fighter's tournament and an Archery tournament. Prizes will be awarded for those who wish to attend. Merchant's are welcome, but encouraged to get reservation's. We stress this is a descreetly wet site. Period container's only! This is a camping site. Those wishing to reserve a space need to contact the Senschal of Grun See. There will be a feast Saturday night for SCA members and select guests. \$5.00 until the 19th. of September. \$8.00 after.

Get your reservation's A.S.A.P.
Bump Sullivan Reservoir is west at mile
marker 19 on Road 77B.
Autocrat: Wolfram the Ringsmith

(307)-532-7756

Camping Autocrat: M'lady Mary (307)-532-7756

"ACTIVITIES"

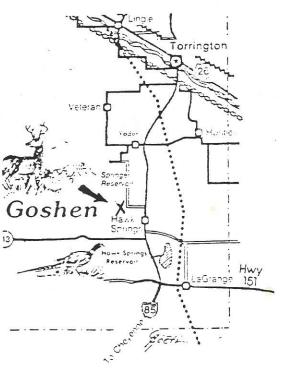
DEMO

Saturday September 23
Fighting
Archery
Prizes awarded

Feast SCA & Guests:
Bread's
Cheese
Fresh Vegetables
Salad
Roast Pig
or Chicken
Desert

Sunday September 24 Round Robin Children games







WHAT: APPLEFEST

WHEN: SATURDAY 21 OCTOBER 1989

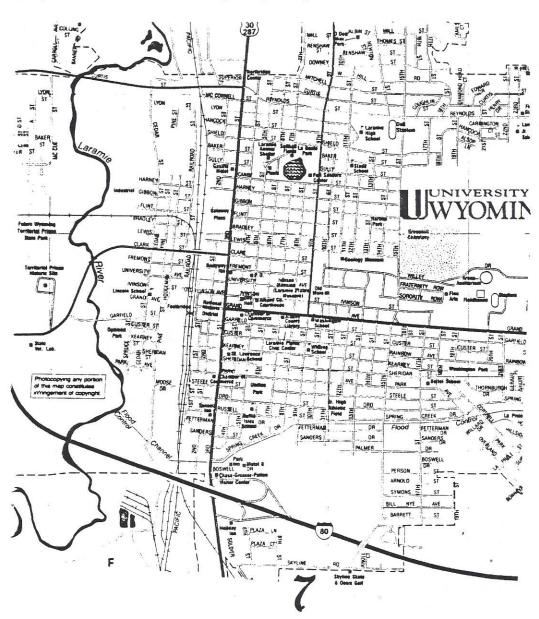
WHERE: LARAMIE SENIOR CENTER 103 IVINSON, LARAMIE, WYOMING

TIME: 2:00 P.M. - MIDNIGHT

COST: SITE FEE \$1.00 FEAST FEE \$2.00

On Saturday 21 October, we are holding APPLEFEST, a revel dedicated to the glorious apple. There will be assorted games, dancing, apple variations of darts, whirling and bobbing apples as well as cloved apple and Apples of the Quest. At this writing we are planning to serve beef stew with cheese, bread, salad, cookies, and carmel apples. There will be off board seating available for those more suited to it. We invite all to come and celebrate the Fest of the Apple with us. This is a LIMITED WET SITE, that is limited to beer and wine only. Hard liquor is not permitted at the site.

WHOM: Lord Todd, M'lord Mavellic Phone 742-6867 Lady Ceallach M'lady Kayleigh Phone 742-6867



The SEPTEMBER Populace Meeting will be held Wednesday the 20th of September at 4301 Haynes Street at 7:00PM.

Please call the Seneschal, M'lord Maelgwyn at 632-8938 for information if you can not attend.

NOTE!!!! IMPORTANT!! PLEASE ATTEND!!

Lord Mlodn will hold an Armorer's Guild at 10205 Powderhouse Road on the Thursday evenings as listed in this month's calendar at 7.00 PM.

The Mercenary Singers of the Northern Outlands, a group assemblied to study and preform music, both instermental and vocial meets the first Monday of each month in Windkeep at 4301 Haynes Street at 7:00PM. They also, meet the third Monday of each month at Unser Hafen at the club house of Lady Rhianwen, near dance practice at 7:00PM. Call Anne Reynolds (Rhianwen) at (303)-223-4537 for directions. Or call Lady Maeve at 632-8938 for information on car pooling.

NOTE!!!! IMPORTANT!! PLEASE ATTEND!!:

Calligraphy- Lady Gwyneth Maeve of Falcon Guard and Lady Renate Cover- Lord Mlodn and Lady Renate

Dance practice is September 11 and 25 at Harmony Presbyterian Church, 400 Boardwalk Drive, from 7 PM until we finish -- or are finished. Come learn a few dances for fun or join the demo group. Call Lady Catriona at (303)-226-2018. Contact Lady Maeve, 632-8938 or Lady Renate, 637-8168 for car pooling from Windkeep.

The Shire of Unser Hafen will resume regular summer fighter practice schedule starting April 9. Practice will be at Spring Creek Park in Fort Collins. We will hold heavy and light weapons practice every Sunday from 1:30 P.M. until we fall down, except on weekends when the weather is wretched or their is a local event. We have armor to loan and teachers for newcomers. For more information call Lady Llamrei Aethen at (303)-490-2936. (From Tosspot)





BENEFIT RAFFLE

To benefit Wind Swept, Windkeep and Drawn and Quarterly, Ard Thir Saturday October 28, 1989

Site to be announced later.

In the tradition of Caer Galen's raffle, tickets will be sold in advance and you need not be present to win. All chances \$1.00

001 Winner's choice One issue "Compleat Anachronist"-Lord Mlodn the Mercheant Zupan 002 Pair silver goblets- gold lined- M'lady Anedif the Spaewoman 003 Bottle dark beer - Lord Mlodn 004 Bottle dark beer - Lord Mlodn - Lord Mlodn 005 Bottle Mead 006 Bottle Mead - Lord Mlodn 007 D&D style framed Painting (R.SanPedro)- The Mercheant's Consortium Feast Gear Set for Two - Lady Renate Koven 008 Cased Backgammon Set- Lady Renate Koven 009 010 Soprano Suzuki Recorder- M'lord Flay Goreyes 011 Pair Knee Cops- Lord Conn Ramathol Pair Elbow Cops- Lord Conn Ramathol 012 Book "Shield of Three Lions" by Pamela Kaufman- Lady 013 014 Pair Yellow Embroirderied Napkins- Lady Elaine of Valynwoode Material, 3 yds Purple Corduroy 60"- Lady Renate 015 016 One Camp Cot, White Canvas- Lord Mlodn One Healing Massage- M'lady Victoria 017

Contact for chances: Windkeep: Lord Mlodn or Lady Renate.

Ard Thir: Lord Conn or M'lady Fionnghuala

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2csp. Basil
2tsp. Oregano

One Custom Knife (materials \$30.00)- M'lord Mavellic



GARDEN VEGETABLE SOUP

3 1 3 1 1 / 2 1	Large cloves garlic - minced Large onion - chopped Stalks celery - diced Large carrot - diced Green pepper - diced Zuchini - diced Cabbage - chopped	1/2tsp. Marjoram 1/2tsp. Thyme 1/2 Cup Soy Sauce 1 Cup Cooked Macaroni
l Cup	Green beans 28 oz. whole tomatoes includes liquid	Put in pot and cook. Adjust seasonings and add salt and pepper
2	Bay leaves	to taste.



at each side.

ANDBAGS

from The Medieval Penquin--Accessories for Milady by Alithea Ap Rhys of Birchum

Amonieres sarrasimoises, meaning "Saracen Almsbags", were introduced by the Crusaders. They were worn appended to their girdles and were supposed to be used to carry coins for the poor.

It was the custom for ladies of wealth to distribute either food or money to the needy, and the little amoniere, called aulmoniere, was a practical and attractive accessory. They were usually made of silk or leather and hung from the girdle by strings of unusual length.

Figure [1] is a 14th century bag designed to hold a book, usually, a book of prayer. The bag is of canvas and embroidered with silk and metal threads, executed in tent stitches. The face is divided into quadrangular fields, two showing animal forms—the stag and the unicorn, and the other two bird forms with human heads—one a jester, the other, a woman. The reverse side shows

From the late 12th to 16th centuries, many of the popular bags took on a flat shape, grew smaller, and were worn at the belt (as opposed to hanging by a long cord). These were called pouches. These flat pouches were worn with a dagger thrust through the strap.

a tall central tree form with figures

During the later Middle Ages, ladies spent much of their leisure

time elaborately embroidering their shoes, gloves, girdles, and pouches. An example of fabrics and technique used on the pouch called the gypeciere, in the 13th century, is described as made of crimson velvet with figures and arabesque patterns which had first been embroidered with silk and Cypress gold thread; the reverse being a green, flowered damask. Many of these pouches were finished at the lower edge with knots and tassels of thread and metal, and others were hung with bells.

From the 14th to the 16th centuries, the pouches were made of velvets of all colors, gold, silver, and other threads for embroidery and some beadwork of pearls.

Handbags, having frames of bronze and gold, also came into fashion

during this period.



Figure (1)
14th century
beig



"His majesty would like a word with you."

SWEDISH FLAG HISTORY

The Swedish flag possibly originates from the 1400's when Karl Knutsson was king using this as his Royal Banner. The older Danish flag, Dannebrogen, was influential in the making of the Swedish flag. The Swedish flag was used as a Royal Banner also during the time of Gustav Vasa, as a yellow and blue "cross-flag". The oldest kept Swedish flag dates back to 1658. The "National Flag" came about around this time, mid 1600, when a normalization took place among the leading seafaring nations because of misuse of state flags. The first flag law in Sweden was signed through Royal Proclamation on November 6, 1663.

The Swedish symbol used by the Navy was a three-tounged allowed.

The Swedish symbol used by the Navy was a three-tounged, all blue cloth, 1761-1813. Later this Swedish symbol was used even by other countries.

During a time period leading up to 1838 a two-tongued flag, without the yellow center tongue, was used by different seafaring companies. Some of them were used illegally. Individual ship owners contracted for postal services etc. were allowed to carry the two-tongued flag.

In 1906 Sweden's present flag law went into effect, it contains particular and accurate regulations regarding the form, color, use, of the flag. It states: The cross shall divide the flag into four rectangular, equally broad fields. The color of the fields shall be medium blue and the cross shall be golden yellow. The proportions of the rectangular flag shall be 16 to 10. the inner fields being 5 to 4 and the outer fields 9 to 4. The width of the cross shall be half that of the bredth of the fields. There are 13 prevelent and common flag days during the year: New Year's Day, Easter, May 1, Pentecost, Swedish Flag Day, the King's Birthday, the Crown Prince or Princess's Birthday, Midsummer Day, Gustav Adolf's Birthday, Alfred Nobel's Day, and Christmas. The flag shall be hoisted at 8:00 AM from March 1 to October 31 and at 9:00 AM the rest of the year. It shall be lowered at sundown, though never later than 9:00 PM.

PEA SOUP HISTORY

Pea soup made from yellow peas with pork and mustard can be called the Swede's National Meal. Peas are an old staple in Sweden. Swedes have eaten soup made from peas for many hundreds of years. Documents from the 13th century indicate that peas were included as one means of payment for farmers to pay their taxes. It was believed by many that King Erik XIV was poisoned by pea soup laced with arsenic in 1577.

The tradition of eating pea soup on Thursday comes from the Catholic era when one had to fast several times a week. On Thursdays, the Church allowed the eating of meat, therefore plenty of pork and other meats were added to the soup. The Swedes discovered that the combination of peas and pork together tasted delicious. The tradition continued without interruption after Gustav Vasa abolished Catholicism as the State Church in 1527.



GLASSMAKING IN SWEDEN

King Gustav Vasa did much during his reign to wrench the medieval kingdom of Sweden out of the dark ages' past and put it on the path towards the modern world. Among other credits, he was the first to invite a glassblower from Venice- the world center of glassmaking art at the time- to move to Sweden and set up shop. Glass was melted for the first time in Stockholm in 1556, four years before Gustav Vasa's death.

It took nearly two hundred years for the small glassmaking industry to move south. Two generals in the army of Charles XII were appointed provincial governors and decided, as a sideline, to set up the Kosta glassworks in 1742 midway between Kalmar and Växjö in Småland. It was an ideal site because the dense forests in the area provided abundant wood to heat the furnaces.

CASTLES KEEP SPRING SHOWERS

by Warren

The water comes from skies above, It falls to the ground like a flying dove. Springtime showers are cold and warm, depending where you are.

The fall is beautiful to lovers embrace, but they also bring a depressing taste, like none has felt.

Oh why do spring showers do this to me, my love for her can run so deep,

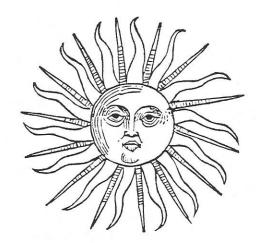
as deep as a moat around a castle keep.

And when my love cannot be shown, my heart it can be so alone,

like a moat around a castle home.

My love for her it is so true, the springtime showers help me to realize my love so deep,

like the springtime around castle keep.





Kuno, Grandfather did not carry Christ's cross on this back, he has a cross (kink) in his back from a draft.

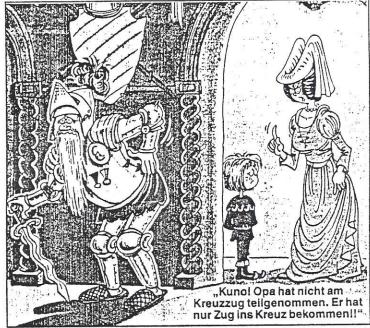
I have come because of the falcon hatching eggs you sold me.

Do you always have to wear that stupid hat ?

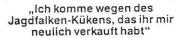
What is his registered device ?

Translations Machmal Pause = Sale slogan Kunibert Helme = Brandname Helm Wien von Rhein = Rhine Wine Kraftmeiers Pferdefutter = Brandname Horse Food Solingen Rostfrei = Brandplace Stainless Steel Erbarma ihre Haftpflicht Versicherun = Insurance Slogan Hämmerle Hufeisen = Hammer's Horseshoes Echt Leder = Genuine Leather



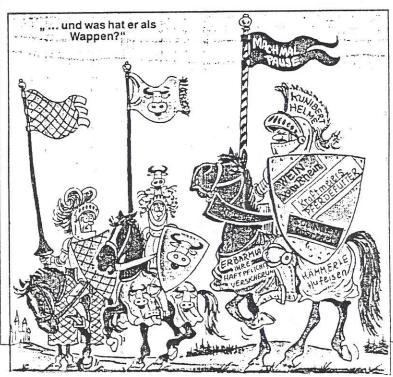




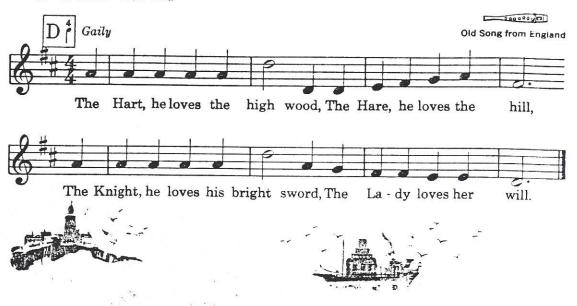




"Mußt du denn immer diesen albernen Hut tragen?"

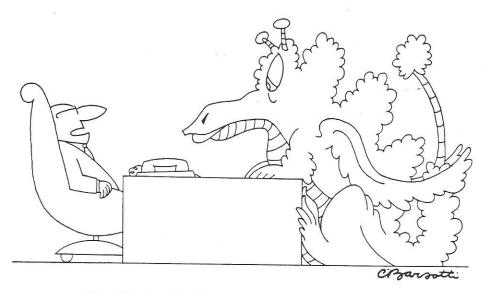


The Four Loves









"Try a French 200. French 200s will take anything that wanders in."

FANTASY

by Nattira Morley

A silver ray of moonlight, shines upon the ground. The bluish mist has lifted, there is joy to all around, unicorns are prancing and fairy maids are dancing, to music played by gnomes. The forest is their playground They dance among the trees an ride upon the butterflys that float on the breeze.

DAWN IN THE FOREST

by Nattira Morley

Raindrops fall in droplets warm from the sky. They drift downward this morn. Flower blossoms sway in the breeze, as raindrops filter through the pine. And squirrels scurry in the mist, and rainbows dance, on rays of light mixed with raindrops warm, to signal the beginning of each new day. In the summer month of May as clouds part for the sun. You know the day has just begun

and the children will have their fun.
Running and playing
in the grove
as sunshine filters
through the pine

in the forest at dawn.

fun.

Moon Over the Ancient Castle

Music by Rentaro Taki Translated by Setsuko Mita from the Japanese poem by Bansui Doi



1. On the an-cient cas-tle tow'r Cold the moon-light falls.



Long a go brave war riors lived 'Neath these ru - ined walls.

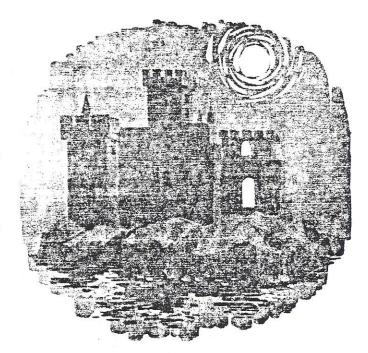


Where are now those val-iant hearts? Where the ar - mor bright?



- 2. Through a soldier's rusted cup Summer vines grow tall, Autumn geese fly overhead, Lonely floats their call; Seasons die and time goes on, Years pass all too soon; Silently the castle stands Underneath the moon.
- 3. Where is all the laughter now? Where the harp's soft chord? Rusted, the engraven shields, Dulled, the shining sword. Of them all one thing remains, Empty, cold, and gray; Still the ancient castle stands In the moon's bright ray.

If you ever go to Europe you will probably see many ancient castles.



RAINBOW YEARS

by Charles the Befuddled

May:

Mountain streams.

July:

Forest glens.

September:

Prarie flowers.

November:

Silent snowfalls.

April:

Home and family dinners.

June:

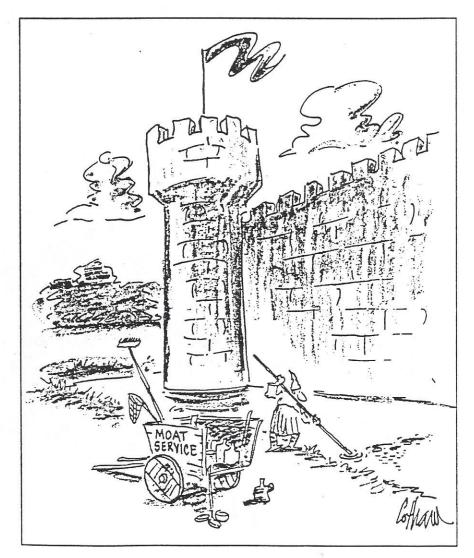
Friends and patio cookouts.

October:

Bicycled children.

December:

Cozy fires, cuddled close These and more are my rainbow colours of love.



LADY ELAINE OF VALYNWOOD'S HERBAL HELPS

CARAWAY-(KARAWYA) Known to be in use in England since 980 A.D. Brought back from Caria in the Near East. All the plant is useable. Seeds have been found in prehistoric dwellings in Switzerland. It was used by ancient Romans when on marches. Ancient Arabs called it Karawya. In the 17th century caraway seeds were baked in fruit, bread and cakes, and seperately as a relish. MEDICAL USES: Use for flatus, and bruises. Aids in digestion, poultices and colic. INFUSION: 2 teaspoons caraway to 1 pint boiling water OIL DOSE: 1 to 10 drops SEEDS DOSE: 1/3 to 1 teaspoon of the seeds TEA: Add 2 crushed seeds to tea to aid in digestion

CAYENNE PEPPER Used as a stimulant, digestive aid, sore throat, colds, and flu, bleeding and frostbite.
DIGESTIVE AID: Add 1 pinch to cooked, or raw foods; soup or tea STIMULANT: Add a dash to grape juice for alertness
OINTMENT: Use to alleviate rheumatism. Use with glove when applying. Don't use on bleeding or open wounds
COLD FEET: Put a dash of powder inside socks with regular powder or cornstarch. CAUTION: Does stain socks
SORE THROAT: 1/8 teaspoon to cup boiling water or tea.

CHAMOMILE

Used as a sedative, good for stomache aches, teething, colic, digestion, weak stomach, stomach spams, diarrhea and nightmares TEA: 1 to 2 tablespoons to one cup of tea. Drink at $\frac{1}{2}$ cup at a time.

INSECT REPELLENT: Splash exposed areas with tea.

ANTISEPTIC PASTE: Add ground flowers to boiling water INFUSION: For baths and hair, seep for 15 minutes, strain, and add to bath to heal body sores and aches.

CHIVES

Introduced into China about 300 B.C. Considered to heal bleeding and poison. Listed in 15th century cookbooks. Raised in herb gardens in Europe since the 16th Century.

CHERVIL

Native of southern Europe and was one of the principal herbs brought to England by the Romans. The Romans favored chervil vinegar for hiccups. Herbalists ascribe blood cleansing and digestive properties to the herb and have used it to increase perspiration during a cold and fevers and to lower blood pressure. Dried chervil leaves applied to bruises and painful joints ceases pain. Figures prominently in French foods, and many times used in combination with most of the other herbs. Cooking diminishes its flavor, so add it at the last minute to puddings, omelets, fish dishes, soups and sauces.

THE HISTORY OF THE CORONATION The Setting

by Lady Renate Koven

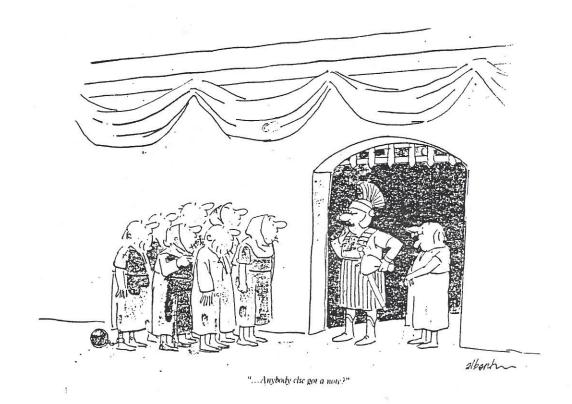
Westminister Abbey has become the setting for several Coronations. The largest part of the present Abbey was built under the direction of King Henry III in the middle of the 13th century (1245). Being a patron of the arts, he employed the finest craftsmen of the time.

The Abbey was built primarily for the use of some 80 monks, and not for a congregation. Normally, in medieval times, the general public was not admitted into the church except as pilgrims, and when they were following a definite route. The one exception was Westminster Abbey, where space had to be found for those who attended a great ceremony. The architect deliberately imported a feature of the Confessor's church and placed the choir west of the central crossing. This enabled the central space, between the choir, the sanctuary, and the high alter, to be used as a place where coronations could take place. This construction was completed in 1269.

The Confessor's Nave was not changed until 1375. The new architect designed the nave to copy the earlier 13th century work, so it appears to have been built at the same time. The work was delayed, and was finally completed at the begining of the 16th century.

Throughout medieval times successive Kings had taken a deep interest in Westminister Abbey's welfare. They have enriched the church with gifts, and endowed the monastery with lands.

The History of the Coronation by L.E. Tanner





Once upon a time there was a beautiful princess. She was 13. She wanted to be a queen so badly. One day she saw a person. It happened to be a prince. When he got closer, she saw that it was a prince. She thought he was handsome. He thought she was beautiful. They loved each other. The prince asked the princess to marry him, and she said yes. So she became queen and he became king. And they lived happily ever after.

Candice the Fair 2nd grade - Spring of 1989

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The executor of the estate of the last known editor has to dispose of a number of copies of a collection of X rated cartoons of a Medieval nature. If you desire a copy, please sign and send the release. The cartoons are of explicit sexual nature, are in extreme bad taste, and have not been released for use from their unknown copyright holders. Offer valid through September 1989 only. They are NOT a publication of the WIND SWEPT, the unofficial newsletter of the Shire of WINDKEEP, Kingdom of the OUTLANDS, nor are they a publication of the Society for

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