



# The Village Idiot

## Newsletter of the Barony of Windhaven

### September AS XLIV

#### Minutes of the August Business Meeting

August 29, 2009  
11:00 – Baron Grimmund's Home,  
New London, WI

Seneschal's Report: Lady Elspeth reported that Shattered Oak is having an open demo on 9/19. SCA Corporation is looking for members to serve on a census committee. Also, Baron Grimmund is going to be a guest on Quirja's radio show on Tuesday 9/1.

Chancellor of the Exchequer's Report: Lady Giana reported current fund balances include around \$5,000 plus interest in CD's and balance in checking is 2366.50

Herald's Report: Lady Eva was not in attendance. No report was submitted.

Chronicler's Report: THL Mearha reported that the Village Idiot was published on August 2. She has been receiving articles from Brother Coenred and Raven Moonseer on botanical topics. She is always open to articles, artwork, and "important news" that people would like to have included in the newsletter. Deadline is 5 days before end of month.

Chatelaine's Report: Lady Gwen reported that her quarterly report is in. Thanks to those who came to the Neenah Farmer's Market Demo.

MOAS Report: Baroness Leaina was not in attendance. She sent a report thanking everyone who participated in the A&S moot.

Knight's Marshal's Report: Lord Kagemori has continued to organize unofficial fighter practices

on Sunday mornings at Memorial Park. Attendance has been regular

Archery Captain's Report: No report was submitted. Arkayn is interested in the position. He went to Shutzenfest and took 8<sup>th</sup> in the tourney, and 4<sup>th</sup> in the assassin's tourney. The archery captain position will be posted in next month's idiot.

Rapier Captain's Report: Don Charismos reported that rapier practices have been held on Tuesday night's at 6:00 pm at Memorial Park. Practices have been well attended. He is now fully warranted.

Baron's Report: Baron Grimmund welcomed everyone to his home and to the moot.

#### Old Business:

- Fall Crown – Feast menu will be finalized today.
- Bardic Madness – The contract for the site needs to be signed.
- Fighter's School – Jaravellir has put Fighter's School on the Northshield calendar, but has not communicated with us about it at all.
- Knight's Marshal – Kagemori was elected as Knight's Marshal for the Barony.
- A date has been proposed for the Lamb-to-Loom Moot. They are looking at the Saturday of Easter weekend.

#### New Business:

- New site - Tracy presented information on

a site in Oconto to use for a camping event. The site has showers, flush toilets, two pavilions, and large grassy areas in addition to a camping area.

Next Meeting – September 20<sup>th</sup> with location to be announced



### Archery Captain Position Opening

The Barony of Windhaven currently has the Archery Captain position open. This position is considered a lesser officer in the barony and reports to the Kingdom Regional Archery Marshal. Any individual who is interested in filling this position should be familiar with the requirements of the office as stated in the Baronial Policies and Procedures as posted on the Windhaven website at <http://www.baronyofwindhaven.org/library/policies-r2008.pdf> and **MUST** be present at the **October** business meeting when polling will take place to fill the office.



## Letter From the Baron

Well met!

First and foremost, WOW! The Baronial A&S moot was last weekend. We were expecting maybe 15-18 people; the actual head count turned out to be more like 48. I need to thank my wife, the Honorable Lady Mearha, for doing pretty much all the set up work on her own, since I spent the week before the moot in North Carolina on business.

Baroness Eithni was teaching in the sewing room, THL Friedrich and THL Roxelanna taught calligraphy and illumination in the dining room, general research was happening in the living room, bead making in the basement, and blacksmithing in the garage. The weather was a little wet, but with a couple of easy-ups, even that wasn't too much of a problem. The pot-luck feast was typical Windhaven, with many, many things to sample and plenty to eat. Baronial court was held and Maeve, Arkayne, and Kirja each received a seat in Tamarack's Hall. Vivant!

Congratulations to Kagemori, our new Group Knight Marshal. Vivat! Thank you for volunteering. Thanks as well to Hamish for his service in that office.

There are all sorts of exciting events coming up this month: Coronation is September 12th in Korsvag. Cecil's Siege will be the following weekend in Svaty Sebasta. If you haven't been to the Siege, go! They have a HUGE timber castle to fight on, over, and around. The 26th, our neighbors to the north, Mistig Waetru, are hosting Revel by the Lake. This is quite possibly the last camping event of the season. That's also the weekend of Caer Antherth's 30th anniversary and Baronial Championships.

Looking ahead to October, on the 10th we're hosting Crown Tournament for Siegfried and Elizabeth. This will be a big, busy day. There will be lots of fun to be had, and some excellent fighting, as well as a Kingdom court. Please remember to volunteer for at least one shift, doing something to help spread the workload. Also, if you want to recommend people for kingdom

awards this would be an excellent opportunity, since the Crown will be here. Information on Northshield awards can be found at <http://www.northshield.org/OrderOfPrecedence/Kin gdomAwards.aspx?Library/Awards>

As usual, if you have questions, comments, or concerns, about anything happening in the barony or the kingdom, please call or email me. (If you call, please call before 9pm because Mearha goes to bed early.) I don't always know the answers, but if I don't, I usually know where to look.

Until next month,

Grimmund



Congratulations



*To Don Charismos, who received the award of the White Scarf on the field at Pensic.*

*ALSO . . .*

*To Arkayn, Zuirja and Maedhbh who were each awarded a Seat in Tamarack's Hall at the Baronial A&S Moot.*

*VVA7!!*

From the Chronicler

Greetings!

I apologize for this edition being late. August has been busy month for me with preparations for the A&S Moot and my return to the schoolhouse for the year.

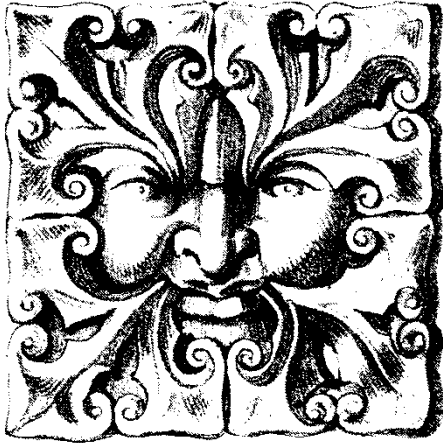
The garden is finishing up the last of its efforts for the season. The apple trees constantly bombard us with their fruit. The robins have ceased singing their morning and evening serenade of spring and summer. The evenings grow dark much earlier than I would like and the mornings don't lighten as early as I prefer. Autumn is in the air.

The A&S Moot was a great success, if judged by numbers. Lady Elspeth tells me that 48 people graced my home with their presence that day, FAR exceeding our expectations. For me, the day was all a fog of making more coffee, preparing food, and seeing to this need or that. I hope that all who attended enjoyed themselves. It was exciting to see three members of the Barony receive awards in Baron Grimmund's first court.

Again, I want to thank Brother Coenred for his contribution to this month's newsletter. He and

Raven are much appreciated for the contributions they have made. I hope each of you can find the time to submit something for at least one edition of the newsletter. It all helps to make it a better publication.

Peace,  
Mearha



### **Bee Balm**

*Monarda didyma*, (red & purple)

*Monarda fistulosa* (pink)

*Submitted by*  
*Brother Coenred of Windhaven*

### **History & Folklore**

I absolutely LOVE Bee Balm, probably because it is an element of my beloved Earl Grey tea. Bee Balm

was used as a medicinal plant extensively by Native Americans who recognized four varieties that had different odors. Wild Bergamot was used also as an active diaphoretic (sweat inducer) for ceremonial sweat lodges. A decoction of the herb was made into hair pomade

The red variety is commonly known as Oswego Tea. It was used by colonists in place of English Tea after the Boston Tea Party. It is also known as Eastern Beebalm, Bergamot, Wild Oswego Tea, Horsemint, Monarda

### **Food**

The entire plant above ground is edible. It can be used as a pot herb and as a flavoring in cooked foods. The flowers make an attractive edible garnish in salads. The plant has a very pleasant fragrance, and is the source of oil of thyme. The fresh or dried leaves are brewed into a refreshing aromatic and medicinal tea. An infusion of young Bee Balm leaves used to form a common beverage in many parts of the United States.

The leaf and flower are wonderful for use in potpourri due to the distinct, fragrant aroma.

### **Medicinal Attributes**

Bee Balm leaves and flowers and stems are used in alternative medicine as an antiseptic, carminative (prevent flatulence), diaphoretic (makes you sweat), diuretic (makes you urinate) and stimulant.

It is taken **internally (as an infusion)** as a treatment of colds, catarrh (nasal and chest congestion), headaches, and gastric disorders. Its primary effects are:

- reduce low fevers
- mucous thinner
- soothe sore throat
- relieve flatulence, nausea, or menstrual pain
- relieve insomnia.

When used as a **steam inhalation** of the plant, it can be used for sore throats, and bronchial catarrh (inflammation of the mucus membrane, causing an increased flow of mucus).

It can be applied **externally** in the form of a poultice for skin eruptions and infections.

## Habitat & Cultivation

It is a perennial herb native to Eastern North America. It grows in dry thickets, clearings and woodland edges from Ontario and British Columbia to Georgia and Mexico. It has showy, red, pink, or lilac flowers in large heads (whorls) supported by leafy bracts of about 20-50 flowers. The flower is at the top of a square, grooved, and hard branching stem about 3 feet high. The leaflets are a pale-green color. The leaves occur in opposite pairs, are rough on both surfaces, are distinctly toothed, and lance-shaped. Fine dense hairs cover much of the stem and leaves. Bee Balm roots are short, slender, creeping rhizomes.

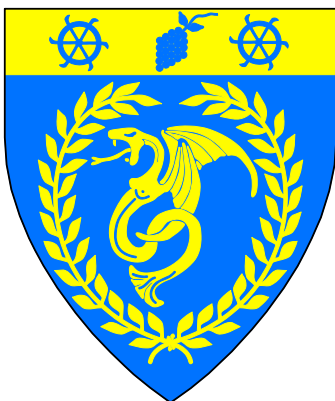
Bee Balm is easily grown in ordinary garden soil. It also grows well in heavy clay soils, requiring a part shade to sunny place to grow. It thrives when grown in a dry soil and prefers alkaline soil conditions. Bee Balm is best started from plants which spread like crazy, but will grow from seed as well. Unfortunately, it often gets spotted with a mold like affliction. I actually had to stop growing it in my old herb garden because it took over so much of the area. Next year, I'm going to experiment with growing it in pots.

## How to Harvest and Use Bee Balm

Wild Bergamot flowers bloom from June to July. Gather edible leaves and flowers in bloom, dry on small bundles in paper bags in a dry, well ventilated area. Bee Balm can be used as tea, or as an aromatic suitable for sachets and potpourri.

## Herbal Tea Recipe

"Medicinal" tea: To 1 tsp. dried herb, add 1 cup boiling water, steep 10 min. sweeten to taste, take at bedtime.



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The Barony of Windhaven Proudly presents...

**The Royal Crown Tournament of Siegfried and Elizabeth**

Saturday, October 10, 2009

The Recreation Center

Fond du Lac County Fairgrounds

478 Fond du Lac Ave. • Fond du Lac, WI 54935



*Come to Windhaven to witness the prowess, pagentry and chivalry of the Royal Crown Tournament of Siegfried and Elizabeth, ensuring the continued lineage in our beloved Northshield.*

Site opens to combatants, staff and royalty at 8am, and opens at 9am for the populace. Site closes at 10pm. This site is discreetly wet, handicap accessible, smoke-free and showers are available.

**Site Fees:**

Adult Site Fee .....	\$12
Non-member surcharge .....	\$3
Children (5-14) .....	\$6
Merchants .....	\$10 + site fees
Feast (limited to 100 feasters) .....	\$10

Pre-register by September 25. Make checks payable to SCA-Windhaven and send to Lady Halla.

A hearty lunch will be offered by The Shire of Turm an Dem See

**Directions**

Take best route to US Hwy 41 at Fond du Lac, WI. Take the Hwy 151 EAST exit. Follow Hwy 151 for 2 miles. Exit at Hwy 45 North (curves around to the left and becomes Fond du Lac Ave. Approximately 2 miles there is a helicopter display on the left marking the turn into the Fairgrounds on the left. Recreation Center is the 2nd convention building. (Maps available on the website.)

Lodging/Hotels — See website for details.

Checkout the event website for current information at <http://www.baronyofwindhaven.org/events/fallcrown09>

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The last of the lilies bloom in Mearha's garden.